The PARENTS' MAGAZINE

Formerly called "CHILDREN, The Parents' Magazine"

FEBRUARY 1930
25 CENTS

When Children Fail at School

Should Youngsters Go to the Movies?

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February, 1930

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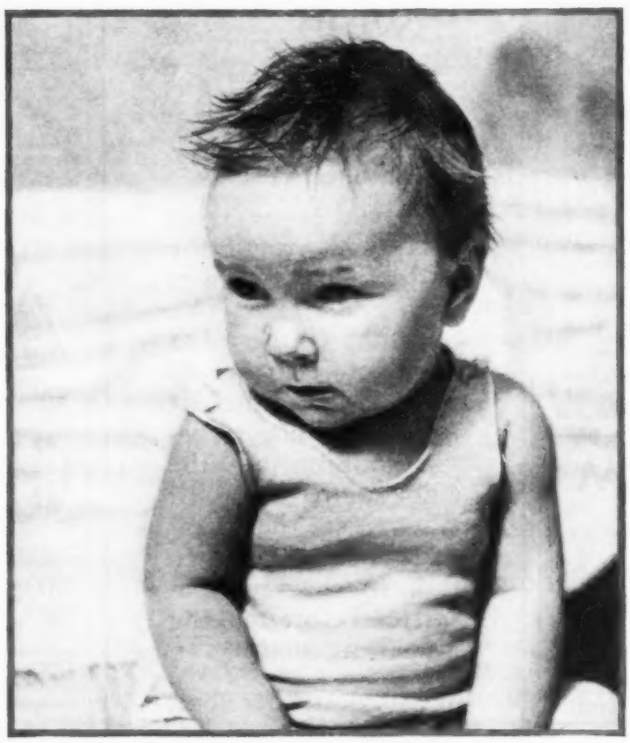

"Sometimes I wonder how I could have been so young and foolish! Mind you . . . up to the time I was five months old, I didn't know what real comfort was. *I was chafed all the time. And so cross... no wonder I couldn't sleep as much as our baby book said I should!...*

Then...my mother finally fixed things up. "Here's a powder made specially for you!" she said—and with that, something lovely came into my life! It's powder—but oh, so different from any we'd ever used before. So much softer and finer. It cuddles up next to me, gentle and cool—and now *I know what real comfort is! If my mother had known what it would mean to me, I'm sure she'd have told me much—much—sooner!"*

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CREAM

AN EDITORIAL MESSAGE

The Crisis in the Movies

By WALTER B. PITKIN
Associate Editor, The Parent's Magazine

REVOLUTION is sweeping through the movies. It began with the talkies. It may not end until the entire structure, policy and personnel of Old Hollywood have vanished. When may this occur? It all depends on the parents of America.

You want your children to see interesting, wholesome pictures. You find that perhaps 95 out of every 100 pictures are stupid or dull or perverted or, at best, designed for adult appreciation. The other five are so delightful that you realize the possibilities of the movies as an artistic and educational influence.

In spite of the defects of the 95, your children persist in seeing them. They respond to the speed and thrills of the incidental action, even when the main story goes over their heads. You wonder what you can do about it.

For more than fifteen years women's clubs, ministers, and others have been petitioning the big companies for better films. But in vain. You begin to wonder whether these immense corporations may not be deliberately seeking to corrupt our youth. If you conclude thus, you are wrong. The roots of the evil strike down much further into American life.

Every business is run for profit. This is its sacred right, according to American moral standards. Profits depend upon production costs, the volume of sales, and the price the consumer is able and willing to pay. Now the whole world craves pictures, but young children and adults of average or less than average intelligence and culture crave them most intensely. These people constitute about four-fifths of all possible movie-goers. Hence producers seeking profits must choose pictures that please all such. Then they must develop them with a technique that reaches down to those levels of comprehension and appreciation. And that necessitates a studio personnel which is mentally and temperamentally suited to manufacture such goods year in and year out.

In a wide-open world market, bad pictures always drive out good ones—if by "bad" you mean crude, dull, stupid, false, childish stuff. Such pictures generally drive out the downright vicious pictures, too. How then can you parents hope for better films? Will censorship turn the trick? Not at all. The best any censor can do is to delete vicious passages. He cannot convert badly conceived, stupidly executed, driveling miles of celluloid into interesting and wholesome art. The censor is a negative entity. We need some positive, creative spirit.

This calls for new producers who have never learned the ways of the old movies. (Or, if they have learned them, they must have failed to satisfy the big companies.) The pictures of the new era must be made apart from the existing Hollywood studios and managers. They must be shown in neighborhood theaters which are free from the control of Hollywood.

Will such pictures succeed? Only if they please you and your children. Only if you patronize them. Only if you support your independent neighborhood theater. The whole issue resolves itself to this: are you parents willing to support high-quality films with money? Are you willing to buy admission tickets to the little theater that shows such? Will you give the tickets to your children so that they have to patronize the right theater?

Turn a deaf ear to the propagandist who advises you to help Hollywood make "bigger and better pictures." That won't work! Educate a new public to prefer better films. It will take time and money, but will be worth the while.

"The future of the race marches forward on the feet of little children"—*Phillips Brooks*

Photograph by H. Armstrong Roberts

This Snow-White World

Open the Schools to PARENTS!

Fathers and mothers need training for that most important profession in the world—parenthood. Why not provide it through classes conducted in the public schools?

By Ida Clyde Clarke

Author of "Uncle Sam Needs a Wife"

BETTER parents! That is society's great need today. Devoted, self-sacrificing, anxious to do their best by their children parents have always been. But more than that is necessary. Good intentions in this field are not enough. This country's steadily mounting crime statistics, the increase in the number of mentally and morally sick, the total of preventable illness each year, the figures on infant and child mortality are proof enough that there is something fundamentally wrong with our social fabric. Biologists, neurologists, physiologists, nutrition experts qualified to speak on the subject have one answer to make. The damage to the child which results in crime, mental, physical, and moral illness, and all the other ills from which society suffers has its roots in early life. The first years of the child's life, when he is at home before he goes to school, lay the foundations for subsequent health or illness, good or evil.

The responsibility rests with parents. And yet there are vast numbers of parents who are ignorant of what parenthood entails. The state permits them to marry, to raise children without the slightest preparation for such serious responsibilities. Before they are considered old enough to vote, when they are too unskilled to earn a living, some of them too ignorant to read or write, perhaps too deficient mentally to learn to read or write, they are permitted by law to marry and bring children into the world.

If this were the only side of the picture the outlook would be hopeless. Fortunately, scientists are able to point out causes. It is possible to go one step further and discover the remedy in cases where there is no mental deficiency. The need is for an enlightened parenthood, for parents trained in the essentials of their tremendous task of bringing up the nation's children. How can this be accomplished?

How is the girl—and the boy as well, since the rearing of children is a matter in which fathers need to take part—to receive a practical preparation for the profession of parenthood? Where and how, through what agencies may they obtain it?

The logical public machine through which such information as parents need could flow out to them is the school. In the first place, the public has confidence in the school, in the fundamental integrity and morality of the great body of teachers and superintendents as a whole. In the second place, schools are strategically located—wherever there are people there are schools; in the third place the school is more directly under the control of the state or of the community than is any other education agency.

The school is the chief agency that our modern civilization has developed for the improvement of morals and citizenship. It is the fault of no individual and the fault of no system that the school has not heretofore concerned itself especially with the problems of the pre-school age. But now that it is known beyond all doubt that the most important years in the life of the individual are the first years, and since the child does not come under the jurisdiction of the school until hundreds of habits have been formed, it will certainly be within the province of the school to reach out, and make available to the parents of the nation's children any information that may be of value to them in the proper guidance of children, especially through the first years of their lives.

If the school is to deal intelligently with children after they reach the school age it must take cognizance of the influence acting and reacting upon them in the home. No adequate and valuable study of the whole child is possible on the part of the school without the co-operation of the home. In fact, experts declare that the co-operation of the whole family is necessary if real progress is to be made, and that parents themselves must change not only their methods of dealing with children but must change some of their own habitual actions which have a subtle but none the less definite reaction on the children. Biologists, neurologists, physiologists, nutrition experts, psychologists, psychiatrists, pediatricians, educators, nurses, dentists, all may work toward the acquisition of knowledge (*Turn to page* 46)

From a Young Mother

By Peggy Pond Church

Heavy am I these days whose feet were light,
And under my once-free heart a burden lies.
I must not listen to the wind tonight,
Nor watch the stars pass on to unseen skies.

I am not free to follow any more
The roads that tempted me up every hill,
But must stay very close to my own door—
Having so soon small hungry mouths to fill;

And hands to comfort and small feet to steady;
Small hurts to mend, small hearts to reassure—
And strong and eager and forever ready
To run where the wind calls and the stars lure.

Pity me not. I long for no far lands
With such adventure here beneath my hands.

Should Children Go

Five million children a day attend motion picture shows in this country

THE Editors of this magazine wish to call the attention of its readers to the stand recently taken by The National Film Estimate Service, which conducts our Motion Picture Department and is an independent organization of outstanding men and women interested in the promotion of better motion pictures. This organization announces, after making an intensive study of motion pictures, that in their opinion *the average child under ten should not be allowed to attend the usual commercial motion picture show.* The matter is of such far-reaching importance that we have asked a number of leading authorities on child care and training to express their point of view on the subject. What they have to say is of the utmost importance to all parents.

FRANKLIN CHASE HOYT, *Judge of the Children's Court, New York City*—Allowing for some exceptions, I do not believe that children under the age of ten should be permitted to attend motion picture theaters. The quality of motion pictures has undoubtedly improved in the past few years, but so far there are few theaters that specialize exclusively in films suitable for children. Personally, I would not want a young child of mine to witness scenes of violence, brutality, marital infidelities or criminal actions of any kind. I have recognized for a long time the importance of the motion pictures in relation to juvenile behavior, and am somewhat familiar with their educational potentialities. I have no objection to a child over ten years of age occasionally attending a picture performance with one or both parents when an exceptional film is shown which the parent feels sure could do no harm to the child. But I entertain grave doubts as to the advisability of permitting young children to be subjected frequently to the constant eye-strain of the movies at a time in life when this delicate organ is in its plastic period of formation. Nor is the foul air or the nervous tension the right sort of hygienic diet to prescribe for a ten-year-old child.

PROFESSOR PATTY S. HILL, *Teachers College, Columbia University, New York City*—Personally I have always urged parents not to build up in young children a taste for movies in the early days of child life. At this period he lives in a theater of his own making. He is the actor, his playmates are fellow-actors. He is making stage settings with toys and play materials and has little need of observing professional dramatizations in either the movie or the legitimate stage form. It is true that we do encourage dramatizations in schools, but here again the children make their own stage setting. They frequently write their own plays and are the actors and the audience. At what age there is a need for standards set by an adult artist is a problem in my mind. I can speak definitely for the child under seven or eight. Whether the eight-to-ten has some need for such performances I do not know, but I am inclined to think that it is a taste fostered far too early by adults.

One problem arises which I have to consider in the light of the family as a whole. In this day when the majority of parents have no one with whom their children may be left while they attend an afternoon or evening performance, a new problem arises. Parents have rights as well as children. What shall they do? Give up entirely their own need for recreation, which is of importance to themselves as well as to their children, or take their children with them? These are the only conditions under which I would give my approval for the presence of children in moving picture houses or theaters, until there is a definite need for adult standards of art to be set by high grade movies and plays.

to the Movies?

JOHN B. WATSON, *author of "Psychological Care of Infant and Child"*—I really don't see how the question "Should Children Under Ten Attend the Movies?" can be raised. Motion pictures and talking movies are as rotten today as they can possibly be. We have people directing the movies with a minimum of brains, and we have authors writing for them with even less brains, and most of the actors have still less brains.

But while most motion pictures are an insult to our adult organization, nevertheless they form a part of the child's environment. I believe in bringing children up from their infancy to face everything there is to be faced in their environment, and to so organize them about life in general that such things as movies and sex and crime and death fit into their general scheme of life.

So if I had to answer your question categorically, I should say by all means send them to the movies—the best and the rottenest—once in a while, to remove all mystery from them.

LILLIAN D. WALD, *Director, Henry Street Settlement, New York City*—Generally speaking, I think that children under ten should be prohibited from going to movie theaters. The surroundings, the excitement, the uncertainty of the program—or rather the certainty of it—do not meet the conception of what is suitable in the judgment at least of those who believe in a protected childhood.

But I believe that we should utilize the educational and entertainment possibilities in good movies, and that they should be given in surroundings and in circumstances suitable to children. There are delightful stories and delightful pictures that should be given in the schools, churches and settlements or in any institution oragnized by people who have children's tastes and children's culture as a motive.

There are of course occasional pictures produced by moving picture theaters that are good and children might well be directed to them. I think that when such pictures are available a morning and afternoon exhibition should be given and the fact that they *are* good advertised in the school or wherever children congregate and whereever leaders are interested in finding good material of educational and pleasure-giving values.

DR. HELEN T. WOOLLEY, *Director, Child Development Institute, New York City*—I believe that children under ten are far more apt to be injured than benefitted by being taken frequently to unselected picture shows. Nevertheless, one must not forget that when wisely used, the moving picture, and the talking moving picture, can be fine educational agencies. By these means it is possible to bring to children many educational opportunities that without them would be out of reach. Recently, at Teachers College, Columbia University, there was a display of the educational possibilities of the talking moving picture. Two types of illustration were given, one in the field of vocational guidance, and one in that of current events. It requires little reflection to understand that such educational opportunities are priceless. The multiform ways in which talking moving pictures might be used to further educational projects requires little reflection.

DR. JOHN L. ELLIOTT, *Ethics Teacher, Ethical Culture School, New York*—It does not seem to me desirable that the average child under ten should attend the

Photograph by Brown Bros.

For good or for bad, motion pictures are having a powerful influence on the lives of our children

movies regularly, as vast numbers of them now do. They need entertainment which is less exciting and, on the whole, in which there can be more participation and not simply looking on. It would be different if we had another kind of movie.

I believe that motion pictures as a whole are the means of initiating children into adult life too early, and unfortunately, that kind of life which is not the best. I have no prejudice against the moving picture as an educator or as a form of recreation for children when it is adapted to children. But I think our wisest method is not to attempt to establish a new kind of prohibition so much as to develop the kind of pictures that would be of use to the younger people.

FRANK N. FREEMAN, *School of Education, University of Chicago*—In my judgment, the typical movie as it now exists is not a good place for children under ten years of age. I would go even further than this, and say that many of the pictures which are commonly shown in the theaters are not good for youth at all. The last time I went to a movie, which was less than a week ago, I saw at the best theater in the neighborhood a comedy entitled "The Bath Between." I was taking my sixteen-year-old daughter to see the advertised feature, "The River of Romance." The feature picture, while artistically almost a burlesque, was innocuous. The comedy, however, was the sort of thing that makes children and youth prematurely sophisticated.

Of course it is not a question of the movies alone. The movie house may be a bad place absolutely and a good place relatively. It may be better than the dance hall or the street. The average picture may be better than some of the magazines which children read. If this is the case our effort should be directed not merely toward keeping children away from the movies, but also toward the development of wholesome substitute means of recreation. Furthermore, if the movies represent a prevailing trend in adult social life, as I am afraid they do, we shall have to consider whether this trend is inevitable, or whether it may not be changed. Perhaps our effort should be not to protect the child from the world but to make the world safe for the child.

DR. LAWSON G. LOWREY, *Director, Institute for Child Guidance, New York City*—In general I should answer the question in the negative for the following reasons:

The average child under the age of ten is primarily interested in a great many things other than those that constitute the content of the usual movie. The main reason, however, lies in the fact that reliance upon movies as a form of entertainment tends to diminish the individual's capacity for entertaining himself, or to join in healthful and pleasurable activities with others. In addition, utilization of movies for children of this age is frequently based upon the desire of the parents to be left alone, so that the movie represents an escape for the parent which is likely to be felt by the child. This may lead to the movies becoming an all too perfect retreat in the face of any difficult situation that comes up. Also, attendance may involve late hours and they in turn affect the child's health.

I should not, however, take any fixed age, such as ten, as being the borderline between the ages in which an individual may or may not do something for the reason that fixed chronological points are not the most satisfactory ones on which to base permissions and prohibitions.

JOHN E. ANDERSON, *Director, Institute of Child Welfare, University of Minnesota*—Whether children under ten years of age should be allowed to attend movies depends upon the child, upon the motion picture which is shown and upon the home background from which the child comes. Intrinsically there is nothing in the motion picture apart from the quality of the films which would seem harmful to children under ten, unless of course, attendance keeps them for long periods of time or for many periods from their play, exercise or sunlight. In this age there is a widespread tendency to over - emphasize the harmful effects of particular procedures and to lay down general rules, irrespective of the conditions under which they are to be applied. Some motion pictures are good, some are poor and others are indifferent. Many pictures designed for an adult audience are unsuitable for children, others designed for adults interest children and are suitable for them.

My own children, who are all under ten years of age, occasionally attend motion pictures at regular theaters. As far as I have observed the effects seem to be beneficial rather than harmful. Each attendance stimulates a host of questions, the answering of which can be looked upon as a worth-while educational process. The problem is not one of laying down a general and rigid rule, but rather one of educating parents in the selection of the pictures which their children attend, in guarding against over-indulgence in motion pictures to the exclusion of other desirable activities, and in surrounding the whole experience with an appropriate background.

E. A. ROSS, *Professor of Sociology, University of Wisconsin*—In my judgment, children under ten years of age should not be allowed to attend (*Turn to page* 42)

Little Wee Fur Things

By

SARAH LITSEY

How they are working—the little wee fur things!
Scampering, scuddering through the dry leaves,
Sniffing the ground by the horse-chestnut tree,
Finding a kernel of corn in the sheaves.

What are they planning—the little wee fur things,
All through the gold days, through the gay weather?
What are the secrets they tell to each other
Chittering there with their small heads together?

Where do they hide—the little wee fur things,
After the world falls asleep under snow?
I have seen tiny prints tracked in the whiteness
Leading to—where on earth do they go?

Keeping the Convalescent

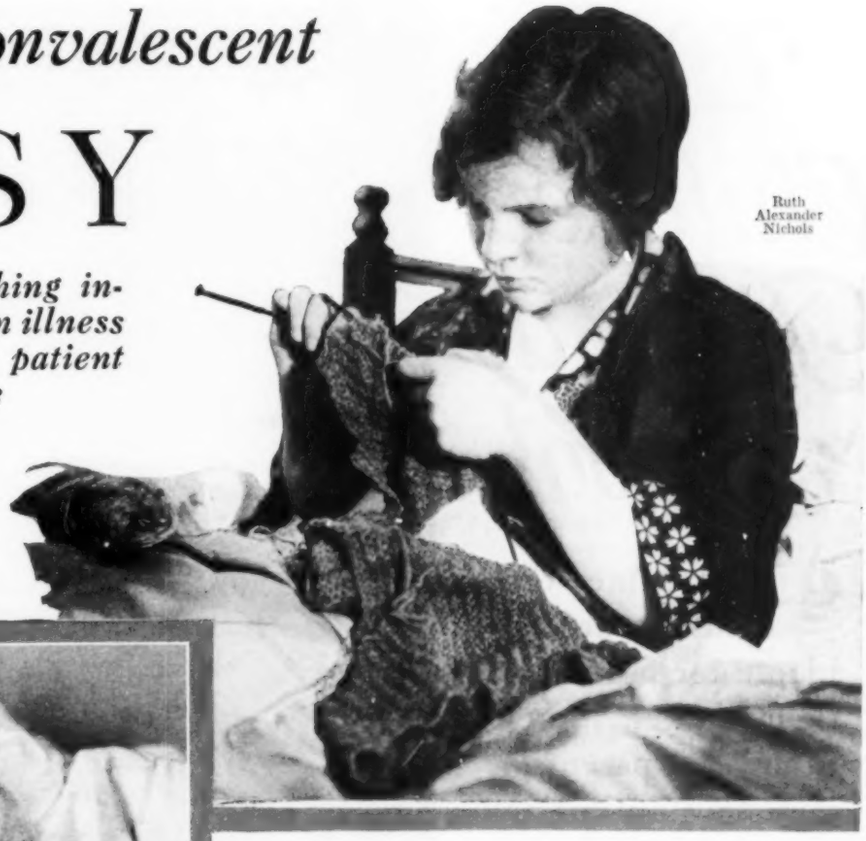
BUSY

The child who has something interesting to do recovers from illness sooner and is a pleasanter patient than one who is idle

By

MARY M. ATWATER

National Occupational Therapy Association



Ruth Alexander Nichols

Simple knitting will interest and not overtax the convalescent

It's no fun to be sick, but staying in bed may be made bearable if a fellow has lots to do

ANY mother who has had the care of a child through a long illness knows the value of giving the patient something interesting to do with his hands. She may never have heard the name "occupational therapy," yet, quite unaware, she is practicing one of the most modern forms of curative treatment known to the medical profession.

Usually she has nothing to guide her but intuition, and her efforts are apt to be somewhat hit-and-miss, with occasional "misses" that may prove serious. It is the purpose of this article to give a few professional suggestions that will help her.

The occupation given a sick child should be adapted to the child's special interests and thus help to pass the long hours of convalescence with the least possible wear and tear—but it may be, and should be, a good deal more than a simple amusement. In orthopedic cases, and in cases of impaired function following infantile paralysis, occupation is of greater value than massage, if properly chosen and carefully administered. But its chief value is in keeping the patient's mind in the attitude of health; it helps to counteract the "spoiling" so difficult to avoid in a long illness, and the child on recovery will be spared a troublesome period of discipline and readjustment to normal conditions that is otherwise inevitable.

Choice of an occupation is very important, and should not be left to chance or to the patient. In orthopedic cases, and in cases of serious heart-trouble, or in the slow recovery from tuberculosis, the advice of a professional occupational therapist is to be desired, for it is possible to do serious harm instead of good by permitting the wrong set of bodily movements.

For a child confined to bed by a broken leg, however, or for one convalescing from whooping cough, measles or scarlet fever, almost any occupation can be used that is neither too difficult nor too easy and that can be made interesting to the patient.

Unless the child has some special handicraft to which he is wedded and which he greatly wishes to continue in bed, it is best to choose for him something he has never done before, and if possible something he has never seen others do. Novelty has charm for everyone. At the same time the work should appeal as worth doing for the result—which may be a new belt to wear to school when he is well, a new cap and wool scarf, made by herself, or a new leather pocketbook with a pocket for various treasures. If the sick child is restless and irritable—as in ninety-nine cases out of a hundred he will be—a mild, monotonous and soothing occupation should be chosen, such as the rake-knitting described below. If, however, he needs mental stimulus after a long illness he should be given an occupation requiring close attention and repeated acts of judgment, such as modeling a tea-tile.

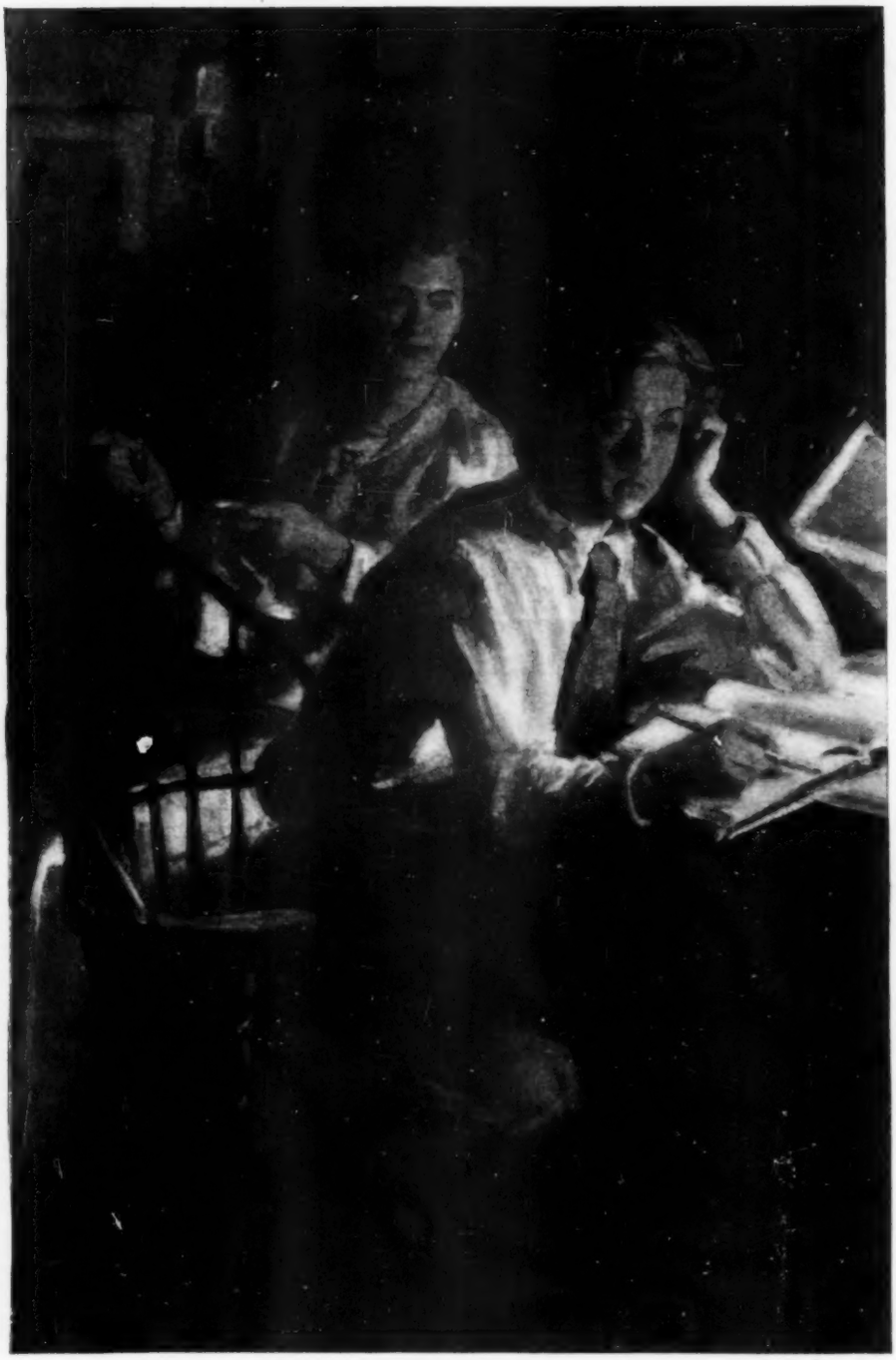
Color is very important. Some people are not sensitive to color, but most people react very strongly to color, whether consciously or unconsciously. It is, for a sick person, strong medicine, to be used with caution. Red is usually distressing to sick people, and black and brown have been found to be irritating to many. If possible, color schemes should be pitched (*Turn to page* 36)

Why Children Fail at School

¶ "Sometimes the children are to blame for failure in their studies, sometimes their parents," says this author in an article that every mother and father should read

By GLADYS C. SCHWESINGER, PH. D.

Psychologist, Friends School, Brooklyn, N. Y.



Father and Mother are talking, the radio is playing the latest dance

ONE morning I was called into the office of the principal of the school where I was employed as psychologist, and found him poring over several sheets of paper riddled with figures and grades. Many of these numbers were ringed in red. It was apparently these red-ink rings which had summoned me.

"Here," said he, waving the sheets toward me, "are the reports on all the children in the school. Some appear to be floundering. I wish you would take those who have failures and see if you can find out why they fail and help them. You should be able to get a new perspective. Their teachers know them too much in relation to the subject they are teaching, and if they are brought to me, it is apt to have the flavor of a disciplinary problem. Some of them may be lazy, and need prodding; some weak, and need bolstering; some are conspicuous in ability but are not making good; others have definite intellectual limitations. Each has a problem; all need study, guidance, and mothering."

The study I made of these boys and girls and the homes behind those reports uncovered many interesting causes for children's failure at school. Sometimes the responsibility for the pupils' failing in certain subjects seemed to lie with the parents; sometimes with the teacher, sometimes with the child himself. Because the children were junior and senior high school students more emphasis was placed on home preparation of studies and assignments than would apply in the elementary school. Therefore, in discussing the parents' share of responsibility for failure, I found it important to investigate the physical working conditions at home.

The results of this little piece of investigation on my part were surprising. I found that children studied in rooms with nothing but a ceiling light in the center of the room; that they had no table or desk, perhaps nothing but a small center table to work at; that they had no room or place apart in which to study in privacy; or,

Illustrated by
James S. Hulme

music, which Sister interprets. How can a fellow be expected to study?

because of poor ventilation, defective heating, cramped space, and the like, they were compelled to use a room shared by brothers, sisters, father, guests, the dog, radio, and so on. Many boys and girls complained to me that they had no available reference books at home, although they greatly needed access to reference material.

Time, as well as space, is sometimes at a premium in the home. Home duties, however important, such as sweeping the walks, caring for the dog, some share of housework, make inroads into the rather limited time that our boys and girls have left after school, dancing school, field and gymnasium activities, dramatics, pageants, music lessons, scout or club or other recreational interests; time spent on trains, traveling to and from school; and so on. Some children are subject to a rigid bedtime schedule and are compelled to retire by the clock even in the face of unfinished homework, and this, after an evening of faithful adherence to study. On the other hand, too little supervision may be exercised by some parents whose children are allowed to dawdle indefinitely over their lessons long after they ought to be in bed. Here, bad study habits are set up which are hard to undo. The child does not learn to budget his time efficiently and comes out on the debit side. Parental supervision might be extended further to include an occasional visit to the child's room to "look behind the geography book," as it were; to see whether the light under the door represents studious industry or sitting up in bed reading the most engrossing thriller of the moment; or even if son is there at all! But this last possibility is offered with reservations. The pendulum is more likely to swing too far in the opposite direction. Mother is apt to assume more, rather than less, of her share of responsibility toward the homework situation. The desire to do it regularly, punctually, and efficiently should come from the child, not the parent. The nightly refrain of "Philip, what about your homework?" should be a song of the past. If mother sings it too often, it loses what magic charm it may inherently possess and becomes, like other popular hits, a worn-out and unwelcome tune.

An issue of more personal concern for the parent is the time deducted from the child's regular school attendance to pursue other interests. Frequently young people are allowed to keep late hours in order to entertain guests, or to be entertained. Many children suffer extended interruptions of school work since they are included in their family's seasonal exodus to Florida, Canada, Maine, Europe, or whatever happy stamping grounds may appeal. Late returns from vacations and long periods of absence, interrupt the continuity of the student's progress, and often little or no provision is made for substitute instruction. The child never "catches up," is "swamped" and does not receive full benefit from subsequent instruction. In a cumulative subject study, such as mathematics or Latin, absence causes him to lose his foothold in the subject, and to flounder around until the missing knowledge is somehow or other acquired, or sadder still, never mastered!

Closely related is the problem arising from frequent changes of schools. If a child has (*Turn to page* 48)

Avoid the Spring Health Slump

This is the time to make a health survey of your family and to guard against spring illness

By Edwin F. Patton, M. D.

"SPRING FEVER," we call it, and joke about it. But to Nature it is no joke—it is a response to an actual body condition. A name for it much more accurate than Spring Fever would be Spring Fatigue—the cumulative fatigue of months of high-speed activity. Warm weather relaxes the taut nervous system and it fails longer to respond to the demand for "more power." Cases are not infrequent of high school boys and girls who spend most of Easter vacation in bed—or ought to if they don't. Not sick, but just naturally played out.

We used to hear about the thickening and thinning of blood when Grandmother prescribed sulphur and molasses, for a "run down" condition of the system, as shown by various symptoms in one afflicted with the spring health slump. Every one has seen the pale, peevish, listless child who is just not himself any more. And yet there is no chemical, physical, or microscopic test which will reveal, in the average case, anything measurably out of the way. Blood, muscles, or organs are unaffected. Responses to tests of nerves do not vary abnormally. Only most rarely will there be anemia, or heart irregularity, or alteration in blood pressure—and in these cases there are usually additional underlying health faults.

In the average case, blood is as clean and pure in the spring as at any other time of the year. It needs no purifier or dilutent. This is fortunate since there are no drugs which will do these things. The concentration of the blood is automatically controlled and can not be more than infinitesimally or very temporarily altered by any means, and then not safely. The purity of the blood is maintained by the liver, spleen, lymphatic glands, kidneys and blood cells, which require no outside help.

Behavior will usually serve as the chief and only outward indication of the inward condition. Sweet temper may sour a bit, emotions may be given way to more easily, and little unaccustomed irritabilities may develop. But more than that, the zest will suddenly go out of sports, pastimes, and enterprises which are usually rated most intriguing—in fact, the chief things in life. And when this happens, the natural parental impulse used to be to bring out the good old sulphur'n' molasses, or certain tea concoctions. A more modern practice is to resort to tonics in an effort to restore the spirit and reinvigorate the body. Perhaps the doctor is called. Usually this leads to a belated reckoning of what led up to the situation, while at last an attempt is made to have the tired child get sufficient rest.

When the situation is checked over, it amounts to something like this: Anne or Johnnie came back from the mountains or the shore in fine condition—had gained weight and grown, and were as brown as Hawaiians with eyes sparkling, and pep and good nature bubbling over; eagerness for school could hardly be restrained.

Then complications began. First it was getting registered and scheduled to a very busy program. It seemed as though there were a dozen more studies to be added and not one to be dropped. Then there were music or dancing lessons. Parties began, and athletics, and movies, and school plays, pageants, and programs.

Perhaps, too, teeth had to be straightened, or glasses provided and changed, or some minor ailment of a more or less chronic nature needed constant attention.

Coming and going to school in itself is a task—either a long walk through traffic, or a street-car ride, often with a transfer necessary; or Mother has to drive the child to and from school, or there is a daily squabble as to whether Son or Daughter may have the extra "Lizzie" to drive to school in.

Then the breakfast problem—usually not time enough to eat, which means something hastily bolted. And other health habits of the morning are easier to neglect than to observe.

Perhaps, on top of it all, adolescence has come with its general lowering of tone, and lowering of the ability to handle comfortably the jolts and jars of human contact.

Altogether, what a fall and winter! What countless drains on energy, and innumerable avenues of escape for vitality there have been! It seems hardly possible that so many "doings" could have been crowded into so short a time. Is it any wonder that the boy or girl is exhausted?

This is the story as it must usually be told when we pause for recountal. It looks like a pretty complicated situation and one to be blamed (*Turn to page* 41)

Coming!

What the Law Requires of Parents

Legally you must provide "necessities" for your children. Just what this term does and does not include is told in this article by a lawyer.

A New Way to Check Measles

A doctor tells how to protect children from, or greatly lessen, the seriousness of this disease.

Adolescent Doubts

When boys and girls reach the age when they become skeptics and radicals what are comfortable, conservative parents to do? This article by Edwin Ewart Aubrey, University of Chicago, is stimulating.

That Bugaboo Called COLIC

Sound advice for young mothers from a well-known child specialist

By Frank Howard Richardson, M. D.

Author of "A Doctor's Letters to Expectant Parents"

IF there is one word more potent than another in the vocabulary of fear that many a young mother has inherited or otherwise acquired, it is that terrifying dissyllabic *"Colic!"* It is something, she is told, that "cometh as a thief in the night"; that cannot be warded off, in the case of the baby who is foreordained to have it, by any measures whatsoever; that, once developed, defies the strongest remedies and the best-intentioned measures. It is proof even against that sovereign remedy, the "good" dose of castor oil, even though it be repeated and repeated again, as it so often is, until the tiny stomach fairly recoils in physiological horror at the rank injustice of it all.

There are certain well-recognized sins against babyhood that are said to bring about this bugbear of mothers, this developer of midnight pedestrianism among fathers. For instance: leaving off the worsted bootees; letting a strong wind blow in the baby's face; overfeeding him, or a combination of these may bring on colic—ask Grandmother if they don't!

Ruth Alexander Nichols

Dr. Richardson's prescription for colic: Try him with another bottle

Then, too, what varieties of colic there are! Forty days' colic, ten weeks' colic, three months' colic, six months' colic—the calendar is exhausted by the different periods represented. Different causes, different symptoms, different courses, different significances—what is a poor mother to do in the face of all this?

At the risk of being considered a hopeless representative of the sex that has always been expected to sit mute and admiring when its betters discussed babies and their hectic experiences, this writer dares to announce with brazen hardihood that there's no such thing as what is generally considered colic!

"What? No colic?" comes in a storm of scandalized protest. "Why the man's crazy! Don't I know colic? When a baby draws its little legs up on its tummy, and screws its little face up into knots, and just simply shrieks with colic, isn't *that colic?"*

I still bravely reply: "No, even *shrieking* with the *colic* isn't colic" —though it be fortified in addition by by that conviction-compelling bit of evidence, the drawing up of little legs on a little tummy, as is so often practiced by the small performer for greater convenience in vocalizing!

Let us reserve one exception to this sweeping statement. Undoubtedly there are *surgical* conditions in which real colic exists. An acute appendicitis, peritonitis, intussusception, that curious and frequently fatal condition in which the small bowel becomes telescoped within itself. All these may be characterized by an agonizing colicky pain. But these are not what are meant when "colic" is mentioned. These are strictly surgical conditions which, if allowed to continue without surgical intervention, rapidly progress to a fatal termination, as a general thing. But what we are here considering is quite different.

With this exception, then, this writer is quite ready to enter the lists with anyone who is desirous of maintaining the reality of colic, to contend with him in deadly combat for the purpose of stripping an old bugaboo of its trappings. For the belief in colic is so real that it has caused many a mother to make herself ill from worry and anxiety; and it has been the means of starting countless babies on the downward path to fasting, undernutrition, marasmus, starvation, and even death itself.

For "colic," be it well understood by all those who are placed in a position where the peace and comfort of a baby are concerned, is hunger, pure and simple; and the manifestations of so-called colic are the manifestations of hunger, just as clearly as anyone can ask to see them reproduced for his observation. With the exception of conditions producing the surgical colic mentioned above, everyone of the manifestations of colic can be duplicated by anyone who chooses to withhold a baby's feeding from him for from a few minutes to a few hours. Furthermore, anyone who is brought face to face with these manifestations of colic can (*Turn to page* 66)

Cultivating GOOD LOOKS

Make the best of your children's good points, teaching them the simple everyday care necessary for the skin, hair and hands

By HELEN L. KAUFMANN

IT is a depressing experience to sit in a hotel lobby, or to stand on a street corner, watching crowds of people. The proportion of even moderately good-looking ones is so pitifully small. What elements make an individual good-looking or otherwise? Aside from regularity of features, which is a matter beyond our control, and clothes, which are a whole field in themselves, the appearance of being well-groomed and well-cared-for seems the prime essential to good looks. A clear, healthy skin; well-kept hair; white teeth that grow as they should; fastidiousness about the finger-nails, strike us at once. We note, too, how much better the impression made by one whose posture is erect, whose step is springy, than by one who slouches as he walks.

As parents, this observation leads us whither most observations seem to, to the question, How can I start my children so as to give them the best chance of being reasonably good-looking adults? What am I myself to do, what can I teach them to do, to attain the maximum beauty possible to them?

The exquisite pink and white sheath that covers the tiny baby face and hands inevitably coarsens and hardens with the years, but a great deal of its beauty may be preserved, with care. In washing the baby's face, soft cloth and luke-warm neutral water should be used. Hot water enlarges the pores, and makes the skin liable to chap, while cold water fails to cleanse properly. Before sending him out for his airing, protect him against sunburn and chapping by rubbing a pure cold cream into the pores. Sunlight is health building, but repeated sunburns harden and coarsen the skin, and should be avoided.

The child who runs about and plays, and gets healthily dirty, requires more energetic cleansing. His face should be washed, first in warm water and very pure white soap, for a thorough cleansing, and then in cold water to close the pores. Once or twice a week cold cream should be well rubbed in and wiped off before washing.

In adolescence, most boys and girls suffer from skin eruptions, a condition which may become chronic if neglected. It may be much improved by a careful regulation of sugars and starches in the diet, local applications of a healing sulphur lotion, and scrupulous cleanliness. Boys sometimes aggravate their skin condition by too frequent shaving, or by using unclean shaving brushes, or by undue exposure to the elements, while girls apply layers of rouge and powder which they neglect to remove, and which if permitted to remain on the skin, cause considerable irritation. A dermatologist told me emphatically that the wise girl who wants to keep her complexion uses a bland soap and water, and just a little powder to take off the shine.

The nails are a horny bit of skin requiring special attention. A child should be taught at an early age to scrub them clean with a stiff brush. He should clean them with an orange-wood stick, pushing back the cuticle with the blunt end of the stick. Cold cream should be rubbed well into the base of the nails, and they should be soaked in warm, soapy water to loosen the cuticle if it is obstinate. It should never be cut. A child who learns to take pride in his nails seldom ruins them by biting, or breaking them, or by picking at the cuticle. Dipping the nails into a little olive oil every night will insure a smooth, well-kept cuticle.

For chapped or reddened hands, a cream rubbed in regularly at night, or a soothing lotion brings speedy relief. It is well to experiment until one finds out what is best adapted to his particular use.

The two main considerations in (*Turn to page* 64)

"Wimmen are queer! Just imagine liking to brush one's hair and fuss with one's finger-nails!"

Illustrated by Robb Beebe

Furnishing the WHOLE-FAMILY HOUSE

If you would teach your children to be orderly, you must first be orderly yourself. What better place to begin than in bureau drawers and closets, as pointed out by this article, which is the fifth in a delightfully helpful series.

By

PAULINE DUFF

Interior Decorator and Home Consultant

An ideal linen closet is one with a window in the end, and large enough to use as a sewing room. Note the pair of hampers which take care of the soiled bed and bath linens

THE test of a good housekeeper is one glance at her bureau drawers and closets. The living room may be in order and the kitchen immaculate, but the real test of thoroughness is seen in the condition of those corners which the casual caller is not expected to see.

But what the casual caller does not see, the children of the house see daily. If the grown-ups in the family are disorderly; if bureau drawers are always crammed to overflowing and closets are in chaos, it is no wonder that the youngsters strew their toys about and never hang up their clothes. If you would teach your child the civilized art of being neat you must see that the home in which he lives is kept in order—even to the corners and hidden places.

Now that interior decoration has extended to the closet, it's a fascinating business to keep one in order. There's a cabinet for the child's closet, for instance, covered in an amusingly patterned oilcloth with brightly colored barnyard figures on it. It has "pigeon holes" for pairs of shoes, a drawer with compartments for ever so many pairs of hose and on top, under the lid, a space to put neatly folded underwear. Chintz covered hangers, just the right size for the child's clothes, and matching pads which fit exactly into the toes of his shoes, are made of chintzes gaily printed with nursery figures or circus performers. A painted wooden giraffe on the shelf offers his neck to hold the child's school hat, and a green and yellow palm tree extends the same service to his Sunday hat.

Worsinger

Who wouldn't be proud to open the door to a closet like this where the storage of wearing apparel is both conveniently and artistically handled

Garment bags of shiny, semi-transparent, dust-proof material may be had in the child's favorite color and are just the right size for his clothing. Chintz garment bags in delightful designs have zipper fastenings and there's a laundry bag to match. The shelves of the child's closet may be edged in red, scalloped chintz, to harmonize with the barnyard oilcloth cabinet and the garment bags. Red closet hooks add a touch which will delight the child, and they should be placed low enough for him to reach them easily.

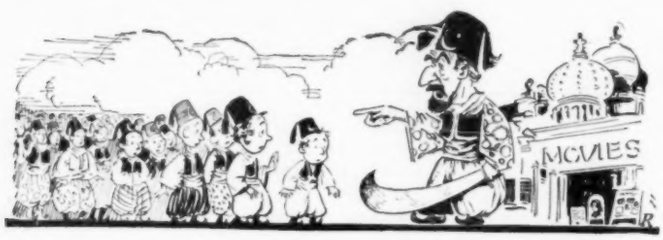
The grown-up closet may be either masculine or feminine. Shoe cabinets in a hunting print chintz have compartments of special size. Tall, narrow cabinets of drawers hold socks, handkerchiefs, collars and such masculine accessories. These may be of painted wood or covered in the same chintz used for other accessories in the closet. Garment bags, broad-shouldered, and just long enough to cover a man's coat, are made of the hunting chintz, bound in contrasting color, or of plain colored cotton rep in such masculine colors as khaki, hunter's green or dark brown. Hangers for coats and trousers may be had to match either the rep covers or the hunting print garment bags, and laundry bags and shoe bags to be hung on the inside of the closet door are also available in matching materials.

(*Turn to page* 58)

Keep Posted!

News of the Better Parenthood Movement, Child Welfare, Education and Other Matters of Interest to Parents

THE Sheppard-Towner law which gave aid to mothers and new-born babies, expired in June. The Jones-Cooper bill, slightly different, but for the same purpose, has not been passed. This session of Congress presents another opportunity for the passage of this much needed bill. Under the combined agencies of state and nation splendid work has been done—and the lowered death rate of babies is an incentive to continue. So is the slightly lowered death rate of mothers in childbirth. The need for such provision for maternity and baby care as is provided by the bill is acute and the work so well begun should go on. Write your representative and tell him so.

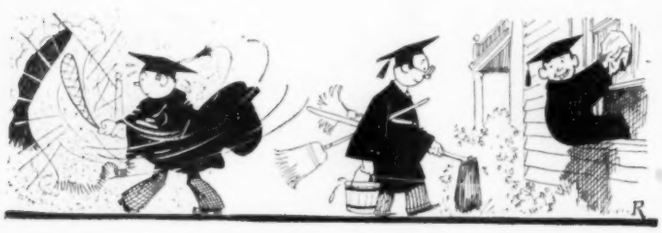


Too Bad for the Turks

THE Turkish Parliament, convinced of the injurious effect of some Western motion pictures on Turkish youth, is considering a law to bar children under sixteen from all movies, except those deemed of educational value by the Board of Censors.

The Trend of the Times

A BUILDING to house an experimental nursery school and elementary school is in course of construction at the University of Michigan. Space has been provided for specialists in all branches of science that contribute to an understanding of child study. The school will be ready in September, 1930, and will promote a varied program of research in child development. The director of the school is Dr. Willard C. Olson.



The Busy Student

A NUMBER of leading universities report that a substantial percentage of their students are working their way through school. The chief occupations of the employed students include public accounting, advertising, general banking, investment banking, credit work, engineering, general office work, marketing, merchandising and sales work, house cleaning and firing furnaces, banking, and teaching. The estimates of universities compare as follows for students earning their own way wholly or in part: New York University, 34 per cent; University of Pennsylvania, 37 per cent; Cornell, 20 per cent; Fordham University, 20 to 25 per cent; Princeton, 24 per cent; Georgetown, 10 per cent; Colgate, 20 to 25 per cent; Carnegie Institute of Technology, 25 per cent; Pittsburgh, 50 per cent.

This Serious Business of Play

SO many requests for information about playgrounds have been received by the Chamber of Commerce of the United States that it has prepared a handbook on the subject for the use of local chamber of commerce executives. This manual emphasizes the value of playgrounds and treats of the methods by which they may be acquired, equipped, and administered. The bill and the municipal ordinance which have been drafted by the Playground and Recreation Association of America as suggestions for enactment by state and city governing bodies, have also been included in the volume.

Choose Your Nearest Clinic Now

THE United States has 350 cities in 36 of its states where there is at least one clinic to which parents and children may go to have their troubles analyzed and adjusted. The United States Children's Bureau recently issued a pamphlet directory listing the 500 psychiatric clinics for children in this country, thus showing the available resources in any given locality.

Discovered at Last!

IT may be easy enough to catch influenza, but it took a whole year to discover the germ which causes it. Dr. Isadore S. Falk, Professor of Bacteriology at the University of Chicago, is responsible for the research which isolated Pleomorphic Streptococcus, the germ of flu.

Sunlight and Tuberculosis

STUDIES to determine whether tropical sunlight is more effective in treating tuberculosis than the sunlight of northern climates are being made by scientists under the auspices of the light research committee of the American Sanatorium Tuberculosis Association, according to the announcement of Dr. Edgar Mayer, chairman of the committee. Dr. Mayer has made arrangements for sunlight investigations by physicians in Porto Rico, Jamaica, and Trinidad. Groups of physicists, chemists, and clinicians are being organized at various points in the United States and other countries to conduct studies of sunlight in the treatment of tuberculosis during a period of about two years.

Motion Pictures

Which Are Suitable and Which Unsuitable for Children and Youths?
Which Are Worth the While of Intelligent Adults?

IT is obviously impossible to publish reviews of all current pictures in every issue. So keep all copies of the magazine carefully for reference. Binders are available at $1.50.
—THE EDITORS.

THE BATTLE OF PARIS, with Gertrude Lawrence (*Paramount*)—Melodrama, with musical interpolations, set in the streets and dives of Paris' Latin Quarter. It is a vehicle developed for Miss Lawrence who is cast as a winsome unmoral cabaret gamin who, after robbing her man, sets out to win his love. It is sophisticated in theme and action and is unsuitable for immature audiences. All talking. (U) *For A:* Fairly good of its kind. *For Y:* No. *For C:* No.

CAMEO KIRBY, with J. Harold Murray and Norma Terris (*Fox*)—An interesting and colorful story of the South from the stage play by Booth Tarkington and Harry Leon Wilson. It is a musical drama of professional gamblers on the old Mississippi River boats in about 1850, and the romantic and exciting tale is unfolded with beautiful Southern backgrounds and atmosphere to add to the story. The action is of course typical of the period. All talking. (U) *For A:* Good of its kind. *For Y:* Exciting and mature. *For C:* Doubtful.

George Arliss in "Disraeli," a notable screen production of the actor's most conspicuous artistic achievement

CONDEMNED, with Ronald Colman and Ann Harding (*U.A.*)—The setting is the French penal colony, "Devil's Island," and our hero a thief serving time. The romance between the thief and the warden's wife brings about very dramatic situations on which the emphasis is laid rather than on the human relationships. The result is thrilling melodrama which is entertaining because of the ability of the cast. All talking. (U) (E) *For A:* Good melodrama. *For Y:* No, unwholesomely exciting. *For C:* No.

FOOTLIGHTS AND FOOLS, with Colleen Moore (*First National*)—A New York chorus girl masquerades as a Paris "find." Her lover proves unworthy. The logical ending is a surprise. All talking. (U) (E) *For A:* Perhaps. *For Y:* Little interest. *For C:* No.

THE GIRL FROM WOOLWORTH'S, with Alice White (*First National*)—From counter to cabaret stage, and only her honest fiancé saved her from having to "pay" the night club owner for her chance. Cheap, smart-aleck dialogue, in which "yes" is always "O. K." or "An' how!" spoken through the corner of the mouth. Shows that a girl may take any risk, come through safely, and that the experience is highly interesting. All talking. (E) *For A:* Hardly. *For Y:* Unwholesome. *For C:* No.

THE GREAT GABBO, with Erich Von Stroheim (*Seno Art-World Wide*)—Wholesome enough picture of stage life—the hero a ventriloquist of colossal conceit, the charming heroine devoted to him until his treatment becomes unbearable. Von Stroheim makes Gabbo so utterly disagreeable at the start that his lonely and pathetic end hardly wins sympathy. Otto, the dummy, is almost a real character. The story is seriously overloaded with irrelevant chorus scenes and elaborate ballets. All talking. (E) *For A:* Rather good. *For Y:* Very good. *For C:* Mostly amusing.

HALF WAY TO HEAVEN, with Charles Rogers (*Paramount*)—Thoroughly wholesome and lively love story of circus life—with obvious and elementary rôles adequately played—entertaining throughout and without objectionable elements. All talking. (E) *For A:* Entertaining. *For Y:* Excellent. *For C:* Good.

HARMONY AT HOME, with Marguerite Churchill and William Collier, Sr. (*Fox*)—Romantic drama in which a family tries to live up to an increase in father's income and marry off the older daughter. The humor consisting mainly of crudity of manners and quarreling and disrespect between members of the family, is commonplace and dull. Otherwise the picture is mildly entertaining. All talking. (U) *For A:* Only fair. *For Y:* Not recommended and probably of little interest. *For C:* Too mature.

HUNTING TIGERS IN INDIA, with Com. George Dyott (*Talking Picture Epics*)—A notable achievement, in subject matter, difficult photography and method of presentation. A great "educational" film that is equally entertaining. It shows vividly and comprehensively not only the hunting of elephants, rhinos, tigers, etc., but fascinating cross-sections of the life of India's millions—not only by remarkable pictures but by Dyott's own excellently spoken comment and explanations that accompany the whole film. *For A:* Excellent. *For Y:* Excellent. *For C:* Excellent.

IT'S A GREAT LIFE, with Rosetta and Vivian Duncan (*M-G-M*)—Excellent musical comedy "made" for the talents of the Duncan sisters. It will be great fun for those who enjoy this type of entertainment. All talking. (U) *For A:* Good of its kind. *For Y:* Excellent. *For C:* Good if it interests,

THE LOVE PARADE, with Maurice Chevalier (*Paramount*)—Extremely sophisticated "continental operetta" made very interesting by the great skill of Lubitsch and Chevalier. Fine photography and charming settings. This film is thoroughly risqué and unwholesome for the youth who will flock to see it, yet deftly avoids being offensive to good taste. The kind of film that leaves the censors rather helpless. All talking. (E) *For A:* Very entertaining. *For Y:* Too sophisticated. *For C:* Hardly.

THE PHANTOM IN THE HOUSE, with Ricardo Cortez (*Continental*)—Well-made, strong melodrama—villain murdered early, husband assumes wife's guilt, 15 years' jail, and the return incognito. Henry B. Walthall does exceptionally fine work. Silent. (E) *For A:* Good of its kind. *For Y:* Better not. *For C:* No.

ROMANCE OF THE RIO GRANDE, with Warner Baxter (*Fox*)—Colorful, human and dramatic story of a proud Spanish family on their 400-year-old estate across the Mexican border. Warner Baxter excellent as the hero-son, and Robert Edeson likewise as picturesque grandfather. The villain is so thoroughly hateful that his misdeeds can have no objectionable influence. All talking. (E) *For A:* Good. *For Y:* Very good. *For C:* Good, unless a bit strong.

SENOR AMERICANO, with Ken Maynard (*Universal*)—Just another Western rather below average. The talkie version is more painful than the silent. (E) *For A and Y:* Mediocre. *For C:* No.

SEVEN DAYS' LEAVE, with Gary Cooper and Beryl Mercer (*Paramount*)—Adapted from the stage play, "The Old Lady Shows Her Medals," by Sir James Barrie, the picture achieves its purpose, delightful and thoughtful entertainment. It is the story of a lonely and patriotic old lady who "adopts" an embittered young soldier, and of the measure of happiness her faith brings him. Beautifully acted, satisfying as to story and direction, it is highly recommended. All talking. (U) (E) *For A and Y:* Excellent. *For C:* Mature.

THE SHANNONS OF BROADWAY, with Mr. and Mrs. Gleason (*Universal*)—Wholesome and human farce-comedy of a vaudeville pair—always wrangling but devoted to each other under all their slangy back talk. Amusing struggle against hard luck, and they win. All talking. (E) *For A:* Amusing. *For Y:* Very good. *For C:* Amusing though a bit beyond them.

SKINNER STEPS OUT, with Glenn Tryon (*Universal*)—Another egotistical hero, trying to bluff his way to success—and he succeeds largely because of his staunchly devoted little wife. All talking. (E) *For A and C:* Fair. *For Y:* Amusing.

THE SKY HAWK, with John Garrick and Helen Chandler (*Fox*)—A melodrama of the World War in which a young flyer is accused of cowardice and fights to win back health, vindication, and the love of a girl. The objectionable feature is an emphasis of race hatred. All talking. (U) (E) *For A:* Thrilling melodrama. *For Y:* Doubtful. *For C:* Too noisy and exciting. (*Turn to page 57*)

The Best Recent Films for Young Folks

Chasing Through Europe	Jazz Heaven
Cheyenne	The Long, Long Trail
China Bound	Marianne
Cocoanuts	Nix on Dames
Dance Hall	The Return of Sherlock Holmes
Disraeli	The River of Romance
Divorce Made Easy	Sailor's Holiday
The Exalted Flapper	Salute
Fast Company	Seven Faces
The Feminine Touch	Spite Marriage
Flight	Speedway
The Flying Marine	Stairs of Sand
The Forward Pass	Sweetie
The Girl in the Show	Taming of the Shrew
Give and Take	Three Live Ghosts
The Glorious Trail	Welcome Danger
The Golden Bridle	Why Bring That Up?
His Lucky Day	The Winged Horseman
The Hottentot	Words and Music
In Old California	
Isle of Lost Ships	

What the Abbreviations Mean

E—The judgment of the National Film Estimate Service, an organization unaffiliated with the motion picture industry, having a corps of well-qualified volunteer reviewers throughout the country.

U—The judgment of the Motion Picture Committee of the Women's University Club, Los Angeles.

For A—For intelligent adults.
For Y—For youths, 15 to 20 years of age.
For C—For children, under 15 years.

Smart and Sensible

Styles for Young Folks

By CRETE HUTCHINSON,
Fashion Editor, The McCall Company

6014—Child's Dress with French Panties, in five sizes, from 1 to 6 years. Size 4 requires 2 yards of 35-inch material and ½ yard of contrasting fabric for the collar and cuffs. Plain bias fold tape finishes the pointed yoke.

5809—Child's Coat or Reefer, in six sizes, from 1 to 8 years. Size 6 requires 1⅜ yards of 54-inch material and 1¼ yards of 40-inch material for the lining.

6010—Child's Dress with Bloomers in four sizes, from 2 to 8 years. Size 8 requires 3¼ yards of 35-inch material and ⅜ of a yard of contrasting for binding. The tie, 2¼ inches wide, requires about 1¼ yards of ribbon 2¼ inches wide.

5165—Little Boys' Suit in one piece with dropped back, in three sizes, from 1 to 4 years. Size 4 requires 1⅜ yards of 36-inch material and ⅜ of a yard of 36-inch material in a contrasting color for the collar and cuffs.

6020—Misses' and Juniors' Dress in five sizes, from 12 to 20 years. Size 16 requires 4⅛ yards of 39-inch material.

6007—Misses' and Juniors' Suspender Dress in five sizes, from 12 to 20 years. Size 14 requires 1¼ yards of 54-inch material for the skirt and suspenders and 1⅜ yards of 39-inch material for the blouse.

5874—Girls' Coat in six sizes, from 4 to 14 years. Size 12 requires 1⅞ yards of 54-inch tweed or other wool fabric and 1¾ yards of 39-inch material for the lining.

Back views are shown on page 39

FASHION changes affect the very young in only a moderate degree. When circular skirts are used they are not cut as full as those for grown-ups and flounces are inclined to be rather scant. The young child is naturally unaffected by the trend toward longer skirts. Yokes, a feature of many of the new dresses for children as well as adults, can be cut in a variety (*Turn to page* 39)

McCall Printed Patterns may be obtained from leading stores throughout the country and from THE PARENTS' MAGAZINE, *255 Fourth Avenue, New York, N. Y., at prices given on page* 57

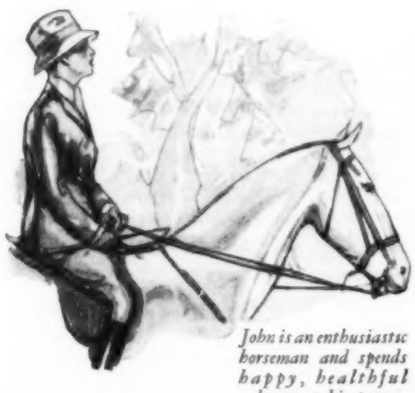
John Aspinwall Roosevelt is the thirteen year old son of Mr. and Mrs. Franklin D. Roosevelt of the Executive Mansion, Albany, and of Hyde Park, on the Hudson

JOHN ASPINWALL ROOSEVELT

is fortified for the "*strenuous life*" by a care all boys can have

COMPLETELY Roosevelt, this boy. Characteristic of that magic name is his energy and vim, his love of sport. Boats are his passion. His room is full of them, made by himself. The boys hold regattas on the Hudson, each youngster paddling excitedly behind his own entry.

It takes energy, such a life—full to the brim with activity.



John is an enthusiastic horseman and spends happy, healthful hours on his pony

Because Mrs. Roosevelt wants John to have the best of health, she interests herself in everything concerning his physical welfare.

John is usually ravenous—and blissfully unconscious of the balanced diet scientifically laid out for him. "John has eaten Cream of Wheat since he was a baby," says Mrs. Roosevelt. "He still eats it for breakfast—in large portions! I think Cream of Wheat has undoubtedly played its part in building his robust physique."

Other mothers, everywhere, wanting this same heartiness for their boys and girls, have made this same decision. Other child specialists have for years recommended Cream of Wheat as an ideal *hot, cooked* cereal.

Recently 221 leading child specialists in New York, Chicago, San Francisco and Toronto were questioned about cereals. *Every one* of them approves Cream of Wheat.

CREAM OF WHEAT

It is standard because it is rich in energy, so easy to digest.

Give your children the very best start for their busy days. Make a regular habit of the morning bowl of Cream of Wheat.

The Cream of Wheat Corporation, Minneapolis, Minnesota. In Canada, made by The Cream of Wheat Corporation, Winnipeg. English address, Fassett & Johnson, Ltd., 86 Clerkenwell Road, London, E. C. 1.

FREE—this plan that makes children enthusiastic about their *hot, cooked* cereal breakfast. The H. C. B. Club, with badges, pictures, gold stars, etc. A children's Hot Cereal Breakfast Club, with 734,000 participants. All material sent free, direct to your children, with a sample box of Cream of Wheat (if desired). Just mail coupon to:

THE CREAM OF WHEAT CORPORATION DEPT. PM-2
MINNEAPOLIS MINNESOTA

Child's name .....

Street .....

City ..... *State* .....

To get sample of Cream of Wheat check here.....

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All advertisements are certified as conforming to standards on page 59.

Everyday Problems

And How Parents Meet Them

WHEN it came to the problem of James, reprinted at the right, fathers and uncles took pen in hand and sent in a large proportion of the letters received. The committee is glad to report that the first prize was awarded to the letter from Mr. Rote, which is printed herewith.

There also appear on this page other problems which readers have met in training their children and their description of the methods they have used in dealing with them. We invite all our readers to tell us of problems in child training which they have encountered and which they feel they have handled successfully. Write briefly, stating the problem and your treatment of it. One dollar will be paid on publication for each contribution. Manuscripts for this department will not be returned. Address Managing Editor, THE PARENTS' MAGAZINE, 255 Fourth Ave., New York, N. Y.

Prize-Winning Answer

AS I read the problem concerning thirteen-year-old James, there was a feeling of admiration and respect for him on my part. Being a mere man, and of course, a more or less primitive creature, may in a way explain my feelings. There is no other justification that I can offer on my own behalf.

On behalf of James there is much that I could say in his defense. At least, he was courageous; he was loyal to his school; and he would brook no insult, personal or otherwise, from another boy in the presence of the girl he took to the party.

Innumerable reasons could be advanced to explain James' conduct. It might have been due to school loyalty, resentment of an insult, hurt personal pride or a mere flash of anger. His conduct was unbecoming regardless of its justification in his own opinion or mine. His punishment and subsequent humiliation were the natural outcome of his behavior. This should be shown to James.

We would not want James to be a coward or a craven; neither would we have him a bully and a swashbuckler. Sometimes the greatest courage is shown by inhibiting the impulse which would cause one to strike a blow. James acted on an impulse. There could have been other ways more satisfactory in meeting such a situation. Reason would dictate action typifying a greater courage, a stronger loyalty, a more noble chivalry, had James taken time to think. As it was, he had suffered disgrace, he had reflected discredit on his school, he offended the hostess and the company, and embarrassed the girl he had taken to the party.

Being an intelligent boy, James would understand were it explained to him that the social code demands certain standards of action and of conduct. He would recognize that one's honor or the honor of one's school is best served by being judicious. He would see that the nature of an occasion is a factor of importance in determining one's conduct toward a situation.

To know when and how to strike a blow is a good thing; to know when and how to refrain, is something better.

So the thing I would do, were James my son, would be to talk the whole affair over with him from his standpoint.

We learn what not to do from the mistakes we have made. James made a mistake, and it is the hope of James' father that he will turn it into an asset in the development of a manly character, rather than feel that he had committed an irretrievable wrong and was eternally disgraced.—*Orville W. Rote, Oakland, California.*

Honorable mention was awarded to R. S. Hosking, Chief Probation Officer, Juvenile Court, Toronto, Canada.

The December Problem

THIRTEEN-YEAR-OLD James took a girl to a school party. There a boy who attended another school told James in the presence of the girl that James' school was no good. James knocked him down, and was asked to leave the party. He was much humiliated.

THE OLDER OF MY TWO BOYS WENT INTO HIS FIFTH YEAR WITHOUT ENTIRELY BREAKING THE HABIT OF BED-WETTING. I then decided it was time something should be done about it.

HOW IT WAS HANDLED: I took him to a baby specialist who said that there was nothing physically wrong, so I felt it was safe to try the following method of handling the difficulty. For some time he and his brother, aged three, had been earning their own "petty cash" which comes to about forty cents a week. I explained to the five-year-old Bobby that it was hardly fair to expect our maid to do the extra washing he made three and four times a week without being paid for it. Ten cents was decided upon as a fair charge for the work. Then Bobby and I had a friendly discussion as to who should pay for the extra laundry and he decided himself that it was only fair that it should come from his own pocket money. In two months he has had to pay only ten cents for extra laundry and that was two days after the arrangement was made. I wish to say, however, that if this scheme had not worked it would have seemed to indicate that the child could not control the situation. —*Mrs. F. T. H., New Jersey.*

I HAD A DIFFICULT TIME BREAKING MY FIRST BABY OF THE HABIT OF NIGHT FEEDING. When the second baby arrived I determined to do better.

HOW IT WAS HANDLED: At the beginning of the fourth week I told the nurse not to bring the baby in to me for a night feeding until she cried for it. It was entirely up to the baby. She could have her ten o'clock feeding if she wanted it. The same rule applied to the two o'clock feeding. If she had a feeding at eleven o'clock, then regardless of her crying she wouldn't get another until three A. M. And if she ate at twelve, she wouldn't eat again until four A. M., etc. Baby soon decided that she would rather sleep than eat during the night. Of course, it was a gradual decision on her part. At the age of three months she was sleeping the whole night through.—*Mrs. M. L. P., Vermont.*

What Would You Do?

$10 for the Best Answer to the following problem:

BETSY is fourteen years old and a sophomore in high school. She bitterly resents the fact that her parents are unwilling to have her go with boys and girls whenever and wherever she wishes, especially motoring. She says that all other girls in her class have dates. On several occasions she has slipped away without asking permission of her parents. Her mother has found out that Betsy, like her companions, indulges in kissing and petting, and has urged the girl to entertain her friends at home, promising any kind of parties which she may wish. Betsy says that none of the girls or boys like "parlor dates." Her mother has tried to reason with her, but without any apparent effect. What would you do in a case like this?

The best 300-word solution to this problem submitted by February 15, 1930, will receive a prize of $10 and will be published on this page in an early issue. If two or more answers are of equal merit, duplicate prizes will be awarded. Address: Managing Editor, THE PARENTS' MAGAZINE, *255 Fourth Avenue, New York, N. Y.*

"No, she never has a cold"

If you cannot say an honest "*No*" to each of these questions, you may need the Eveready Sunshine Lamp:

1. ***Do you have that draggy feeling when your alarm goes off in the morning?***
2. ***Are orange juice and coffee all the breakfast you want?***
3. ***Do you get nervous, irritable, grouchy, as the day wears on?***
4. ***Are you and your children subject to frequent winter colds?***
5. ***Do you have poor circulation?***
6. ***Do you spend most of your day indoors?***
7. ***Do you lack color in your lips and cheeks?***
8. ***Are you depriving your children of pure sunshine necessary for healthy bodies?***

"SHE romps all day, has a ravenous appetite, and sleeps like one of the seven sleepers." . . . "No, she never has a cold."

Can you say that of your children? Perhaps yours *are* the picture of health right now. But can you be sure, next time they get their feet wet, that colds, tonsilitis, or a racking cough won't follow? *You* have to look out for them — protect them, prepare them against the little thoughtless things they do. It's so easy, if you build up their strength and resistance to preying disease-germs.

Nature, herself, would do it if you could give her a chance — by bathing their bodies in the sun's health rays on every cloudless day. But in three short months of summer, your children can't store away enough health to last clear round the calendar.

So you have to help nature, add your efforts to hers, to give your children all the strength that's part of their natural birthright. Now, you can do it, with the Eveready Sunshine Lamp. During those all-important years of growing, you can give them normal, healthy bodies that will fit them for successful, happy lives.

The Eveready Sunshine Lamp always brings you all the rays of summer sunshine in essentially the same original proportion. It is a carbon-arc lamp, which is the only type of lamp whose sunshine qualities never deteriorate with use. In many ways, it is better than the sun itself, because, any time, day or night, summer or winter, it gives you instant, tropical sunshine at a turn of the switch. No need, in your own home, for propriety to interfere with an adequate bath of Eveready Sunshine. No need to delay because the snow is drifting high outdoors. But there's much need, in those small, active bodies so dear to you, of the health rays from an Eveready Sunshine Lamp.

Grown-ups, too, need sunshine. If your health and vitality are sapped, it may have a profound effect on your children's future. Think of all the advantages the Eveready Sunshine Lamp offers you and your family! Can you afford to fail them in this? An Eveready Sunshine Lamp is a profitable investment. The table model is only $59.50 complete. Small down-payment places it in your home. See your dealer today.

If you are ill, consult your physician. Sunshine is a health builder — not a medicine.

NATIONAL CARBON CO., INC.
Carbon Sales Division: Cleveland, Ohio
Unit of Union Carbide UCC *and Carbon Corporation*

EVEREADY
TRADE MARK REG.
Sunshine Lamp

CLIP THIS COUPON AND MAIL IT TODAY

FREE—*a valuable new book on sunshine and health.*
NATIONAL CARBON COMPANY, Inc.
Cleveland, Ohio

Gentlemen: I want to keep well in winter. Send me your wonderful *free* book at once, with no obligation on my part.

*Name*_____

*Address*_____

P.M.-2-30

All advertisements are certified as conforming to standards on page 59.

Feeding *the* Family

By Ruth Washburn Jordan

Food Consultant

Putting Vitamin C into Every Menu

MENU makers will do well to consider spring fever before an epidemic gets started in their households. The right meals now will help to prevent the family from becoming lazy and listless as winter ends. Old-fashioned tonics, such as sulphur and molasses, are ineffective in treating such ailments in comparison to foods rich in vitamins.

Vitamin C always bears watching, for it is a fragile substance. It is sensitive to heat, hence to cooking processes. Exposure to air destroys it, as do long periods of storage and contact with baking soda. Moreover, the body cannot store it, as it can some of the other vitamins. That is why meals three hundred and sixty-five days of the year need to contain vitamin C.

What foods have this health promoting substance? Oranges and all citrus fruits are gold mines of it as are tomatoes, raw, cooked and canned, raw cabbage and raw turnips. Uncooked bananas have a good supply, as do raw carrots, lettuce and spinach.

Recent studies at the University of Chicago show that dental decay and many troubles with the gums are due to inadequate amounts of vitamin C in the diet. Dr. Henry C. Sherman and other well-known nutrition specialists have ventured the opinion that much of the so-called rheumatism of adults and children that comes in early spring is scurvy in a mild form. Scurvy, which is due to a deficiency of vitamin C, is a disease in which the joints are sore and swollen. Sometimes when the baby cries as he is taken up, it is because his joints are stiff and sore. He is begging the only way he can for vitamin C in the form of tomato or orange juice.

Raw cabbage in salad or sandwiches is truly a health food. Orange, grapefruit and lemon beverages, salads and desserts have a place in every family's meals, as does a bountiful use of tomatoes. In making cream of tomato soup, it is best to leave out the soda so that vitamin C will not be destroyed. To do this without having curdled soup, pour the hot, strained tomato juice into the hot white sauce just before the soup is served.

Uncooked carrots may be utilized in many ways. A combination of finely grated or chopped raw carrots and raw turnips, mixed with mayonnaise dressing, is delicious.

Uncooked bananas, if ripe, are a fine food for children of all ages and for adults. It has been found that bananas as well as oranges contain a generous amount of vitamin C, which is so valuable in the building of sound healthy teeth. Nutrition specialists at the Iowa State College say that a banana should never be eaten raw until its skin is rich yellow flecked with brown spots without any touches of green at the tips.

When the modern child complains of aches, it is a mistake to diagnose them as "growing pains." In most cases he is not growing, but may be in need of vitamin C to promote growth.—*Nell B. Nichols.*

Prize Recipe

Pea Roast with Carrot Sauce

1 cup pea pulp	2¼ cups milk
1 egg	2tbls. flour
1 tbls. sugar	1 tsp. salt
6 tbls. butter	¼ tsp. pepper

¾ cup bread crumbs
A few walnut meats
1 cup shredded carrots

Drain canned peas and force through a sieve. Mix with bread crumbs, sugar, egg, four tablespoons melted butter, walnut meats, half of seasoning, and ¾ cup of milk. Turn into greased baking dish and bake in a moderate oven for 40 minutes. Serve with cooked shredded carrots in white sauce made of remaining ingredients.—*Mrs. Francis A. Lord, Los Angeles, Calif.*

Recommended Recipes

Delicious for Adults, Nutritious for Children

Baked Stuffed Tomatoes

Cold cooked liver	1 small onion
Raw celery	1 egg (beaten)
Raw carrots	Seasoning

As many tomatoes as you want

Put liver, celery, carrots and onion through food chopper, add beaten egg and season to taste. Cut off top of whole even-sized tomatoes, hollow slightly and fill with mixture. Add a little water and bake en casserole, 15 minutes in moderate oven.—*Mrs. E. M., Fort Worth, Texas.*

Borscht (Russian)

Place in a pot on the top of the stove one pound of round steak. Cover with water, bring to a boil, then simmer until very tender. Prepare the following vegetables: 3 beets, 3 potatoes, 3 onions, one can of tomatoes and one cupful of finely sliced white cabbage.

Remove the meat. Cook the vegetables in the liquor, starting the beets at least one-half hour before the others because they require longer cooking. Cook vegetables very slowly. See that the liquor is kept sufficient for the vegetables to move about easily. Salt and pepper to taste. When vegetables can be easily pierced with a fork, remove and slice. Return to the liquor. Slice meat and return also if desirable.

Serve each individual dish with one teaspoonful of sour cream, for it adds much to the flavor and thickens the broth.—*Mrs. H. K. R., Riverton, N. J.*

(*Turn to page* 40)

Recipe-of-the-Month Club

Send us your favorite recipes—*those that are especially good for children.* Each month we will pay $5 for the best recipe, and $1 apiece for every other recipe accepted for use on this page. Address The Recipe-of-the-Month Club, The Parents' Magazine, 255 Fourth Avenue, New York City.

A Supper Suggestion

...for children aged 3 to 5

VARIETY is essential in the diet at these years. The basis of the diet is still milk—but the growing interest of the youngsters in both the appearance and the flavor of food demands many different combinations of milk with other foods.

In a large measure, cereals provide this variety. Many dietitians recommend that the main dish at supper be a cereal of a different character than that served for breakfast.

Even in winter, a crisp, ready-to-eat cereal is ideal for the children's evening meal. It is easy-to-digest—less likely to interfere with sound sleep—and is an excellent conveyor of milk.

Serve Kellogg's Pep Bran Flakes often. The crisp, crunchy flakes—the famous flavor of Pep—delight the youngsters.

And Kellogg's are so good for them! These better bran flakes contain all the wholesome nourishment of wheat plus just enough bran to be mildly laxative. Served with milk, they are practically a perfect food. Look for the red-and-green package at your grocer's.

Kellogg's

PEP BRAN FLAKES

Write the Home Economics Department of the Kellogg Company, Battle Creek, Mich., and we will be glad to send free literature and advice on child feeding and diet. Your own physician should be consulted in the event of ill health and sickness—ours is in no sense a medical service.

All advertisements are certified as conforming to standards on page 59.

Now Jimmy washes hands...*without being told*

JIMMY is a normal, healthy boy just like your own youngster. He has no special fondness for soap and water. But he's washing his hands willingly—yes, *enthusiastically* now—without having to be constantly reminded. For the Lifebuoy "wash-up" chart has turned clean hands into a *game.*

Thousands of mothers have found that the Lifebuoy "wash-up" chart completely changes a child's attitude toward washing and bathing. It not only makes washing hands seem fun, but helps him see *why* he should do it and what the connection is between cleaner hands and better health.

As a mother, you *know* how dirty children's hands can get! And these grubby little hands have picked up germs as well as dirt—just as everybody's hands do from countless things we *must* touch every day. Life Extension Institute says 27 diseases may be spread by hands. Washing hands before each meal—taking frequent baths—with Lifebuoy's antiseptic lather protects health by removing *both* dirt and germs.

Complexions thrive on Lifebuoy

Lifebuoy is a delightful toilet soap. The whole family will like it. It keeps complexions radiantly fresh and clear—makes them glow with health.

Its mild, creamy, antiseptic lather purifies pores—protects against the embarrassment of body odor. Its pleasant *extra-clean* scent—that vanishes as you rinse—tells you Lifebuoy is a real health soap—*it purifies.*

Free to mothers

Fill out and mail coupon below and you receive, *free,* a wash-up chart and trial size cake of Lifebuoy for each child in your family. See how enthusiastically youngsters enter into the spirit of the "Clean Hands" game.

LIFEBUOY
HEALTH SOAP
for face, hands, bath

free

LEVER BROTHERS CO., Dept. 32, Cambridge, Mass.

Please send me free Lifebuoy Trial Cakes and "Wash-up" Charts for my.....children.

Name.....

Address.....

City.....*State*.....

Out of the MOUTHS OF BABES

One dollar will be paid for each child's saying published in this department

MY little daughter Kitty, aged six, turned her head suddenly. It evidently gave her a crick in her neck.

"Mama," she explained, "my head feels as if I had turned my ankle."—*A. B. C., Ardmore, Pa.*

LITTLE Louise had been reprimanded by her father for misconduct. When she went to bed that night she prayed thus:

"Dear God, please don't give father any more children. He doesn't know how to treat the one he has."—*A. C. H., York, Pa.*

FOUR-YEAR-OLD Nancy lived in the country. While on a visit to the city, she was taken to the zoo for the first time in her life. She was intensely interested in all the animals, commenting on each one. Upon reaching the monkey cage, she excitedly exclaimed, "Look, auntie, they have faces just like us."—*Mrs. J. L. L., Atlanta, Ga.*

JIMMIE was drinking a bottle of pop. "How does it taste, Jimmie?" inquired his uncle. "Well," replied Jimmie thoughtfully, "it tastes like your foot's asleep."—*Mrs. C. J. B., Huntsville, Mo.*

MOTHER took Dick, aged seven, and Jim, aged five, to the movies one afternoon during the winter vacation. Mother had her thoughts centered on the picture which was depicting a marriage scene when Jim asked out loud, "Mother, were you ever married?"—*Mrs. A. H., Kirkwood, Mo.*

WHEN little Jane Ellen made her first visit to the hospital to see her new baby sister, she looked at her very thoughtfully, then she said, "Well, Mama, why didn't you wait and let me help you pick it out?"—*Mrs. P. E. M., Lincoln, Neb.*

MOTHER began taking voice lessons. The first hour of practice had hardly begun when Mary, aged three, earnestly inquired, "Mother, does it hurt?"—*Mrs. G. N. N., South Bend, Indiana.*

THREE-YEAR-OLD Bobbin was riding in a station wagon over a very rough road. After a particularly bad bump she said, "Mother, isn't this a terrible road? It doesn't fit."—*Mrs. A. C. L., New Rochelle, N. Y.*

SAID Marjorie, envious of her sister, who won a prize at the school fair: "I don't care, I got horrible mention."—*E. H., Benzonia, Mich.*

ONE day in school a child told the story of Paris and the golden apples. The teacher asked, "What apple in Bible stories is famous?"

"Adam's apple," was the quick reply. —*M. E. H., Ypsilanti, Mich.*

Does Your City Buy Enough Health?

Does your city pay enough to get a competent man to accept the vitally important post of full-time Health Officer? Is your Health Department on duty all day and every day? Can you protect your own health and that of your family in a city which buys only part-time health-protection for its citizens?

HEALTH records show that cities which have able Health Departments and able Health Officers, and that counties with adequate health units, have lowered their death-rates and saved millions of dollars in reducing costs attendant upon unnecessary illness.

Does your own city employ the available scientific methods of preventing the spread of communicable diseases?

Does it inspect and protect milk, regulate health conditions in schools and factories? Does it support health centers which demonstrate educational measures for disease prevention and personal hygiene?

If you live in a city which does not have the full benefit of all modern precautions, you can do a great service by finding out all that should be done and bringing such influence to bear as is necessary to make health conditions in your city what they ought to be.

Your Board of Health and your Health Commissioner may need additional ordinances and appropriations in order to expand their work. Remember — they cannot work without tools! Back them up.

A digest of an Annual Report of the Board of Health in a city of 31,000 inhabitants which has an enviable health record will be sent to you without charge. With the report also will be sent a complete set of the Health Ordinances which should be in force in every properly governed city. Address Booklet Dept. 230-Y.

METROPOLITAN LIFE INSURANCE COMPANY
FREDERICK H. ECKER, PRESIDENT — ONE MADISON AVE., NEW YORK, N. Y.

All advertisements are certified as conforming to standards on page 59.

Electric
Bottle Warmer
heats baby's milk
exactly right··
without watching or timing

This new automatic electrical device lets you warm baby's milk right in the bedroom or nursery at any hour of the day or night. No waiting for hot water, no testing of temperature, no timing necessary. And most important the Fairy Warmer brings the milk to exactly body temperature as recommended by your doctor.

The Fairy Warmer operates from your electric light socket. When the plug is connected and the bottle placed in the warmer, a half teaspoon of water is poured into the base of the warmer. The water completes the electric circuit and electricity turns the water to steam, heating the bottle. When water has completely evaporated, current is automatically shut off. The milk holds its correct temperature for 20 minutes.

The Fairy Warmer has no coils to burn out, no moving parts to get out of order. Tested and approved by authorities on infant feeding. Used and recommended by thousands of mothers.

HANKSCRAFT
FAIRY WARMER

Choice of attractive shades of pink and blue. Sold by electric light companies, electrical dealers and department stores.

$5 *$5.50 West of the Rockies*

If your dealer cannot supply you, mail the coupon below and we will send you a Fairy Warmer at regular price of $5 ($5.50 West of Rockies), postage prepaid. If not completely satisfactory, we will refund purchase price.

Use This Coupon For Ordering

Hankscraft Company
Madison, Wis.

Send me one.....pink.....blue Fairy Warmer. If not completely satisfactory you are to refund purchase price if warmer is returned within 30 days.

NAME.....
ADDRESS.....
CITY.....STATE.....

__Check or money order enclosed.
__I will pay postman upon delivery.

Pointers for Parents

Practical Suggestions Submitted by Readers

HOW TO WRITE INTERESTING LETTERS has worried far older heads than my twelve-year-old son's, and if I can start him in the right direction now, the "art" will be a blessing to him in all his later years. This is my plan: Just before he begins to write I sit with him for a few minutes and together we list the interesting things he has done or seen since his last letter. Any little circumstance in his life can be made interesting to those to whom he writes. The list very often looks this way: Joined boy's Y. M. C. A.; Baby sister's whooping cough; Mother's new maid; The wading pool we are making; Recent grades at school; The watch mother gave me for gaining ten pounds. The result is that he writes a good newsy letter in a short time, and since every item is a new paragraph he understands more clearly what paragraphs are. Best of all, he is enjoying it.—*Mrs. A. A., Birmingham, Ala.*

Homemade Shelves for Toys

I GOT FROM MY GROCER SEVERAL OF THE LARGE WOODEN BOXES in which his supplies were packed. I then covered the outside of them with oilcloth, held in place with thumb-tacks, and arranged them one on top of the other in adjoining stacks, thus forming a set of open shelves, which has the advantage of being divided into convenient cubicles. By using the same size boxes the shelves can be made to look very neat and uniform, and can be added to easily as the supply of toys increases. —*Mrs. H. W. H., New York City.*

When a Bottle Breaks

THE NEXT TIME ONE OF BABY'S NURSING BOTTLES is unexpectedly broken and you need another immediately, use a half-pint milk bottle. These are the same size, in capacity, as the eight-ounce nursing bottles, and the rubber nipples for the regulation wide-mouthed bottles fit them quite well. The ounces, however, are not marked, and the milk must be carefully measured.—*Mrs. R. S. R., Lincoln, Nebr.*

Saving for College

MY HUSBAND AND I HAVE WORKED OUT A PLAN to save money for our children's college education. Each month, for ten years (we are planning on two ten-year periods for each child) we put in five dollars for each child in the fixed savings department of the bank. The interest is 10% per annum, compounded semi-annually. Whenever they receive any gifts of money at Christmas, New Year's, or birthdays, we put that into their "fixed savings" too. At the end of the first ten years we expect to reinvest that money in something else (something safe) and start the second ten-year account at $5 per month. Then we shall not have to worry when time for college arrives. Our oldest daughter is not quite six, but already has $652.88; the second is four and has $409.27; the baby is eleven months and has $117.58. (The baby had the most presents.) We are teaching the children the value of saving money for something worth while. Each month they are very enthusiastic about seeing the pass book when it comes back home from the bank.—*Mrs. W. Z. L. S., Shanghai, China.*

A Way Out of Ironing

PAPER NAPKINS ARE SOMETIMES DIFFICULT FOR CHILDREN TO USE and the expense for a family throughout a summer is not to be disregarded, but napkins of inexpensive Japanese cotton crêpe, made by dividing one yard of cloth in quarters and fringing, are easily washed and shaken out, and are very practical. By assigning one color to each member of the family, the bother of napkin rings is avoided.—*Mrs. W. E. S., Cambridge, Mass.*

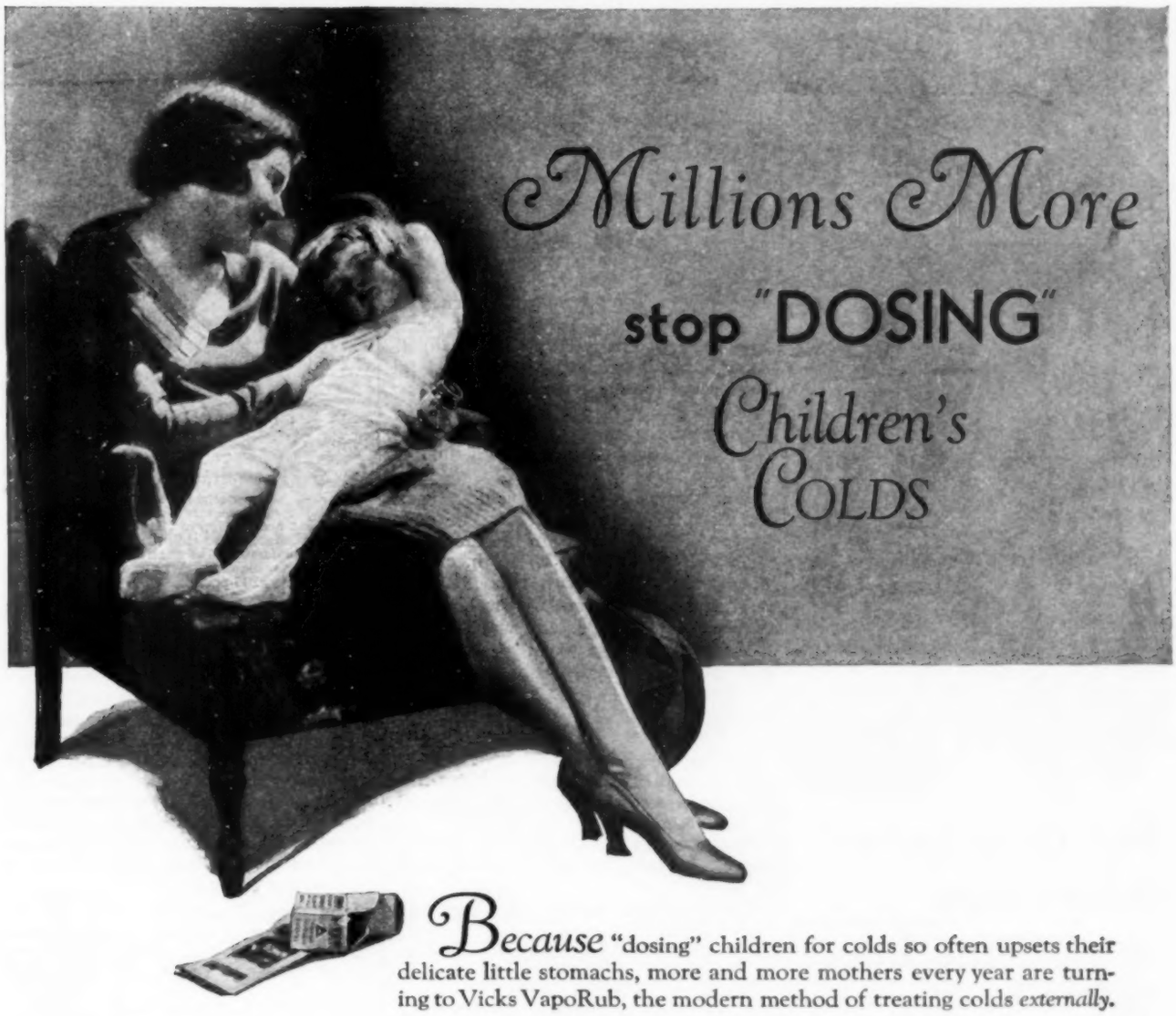
Keeping Mary In

TO KEEP TOMBOY MARY IN HER HIGH-SIDED CRIB, her mother made a net of strong tape with three-inch squares to fit the top of the crib and tied it on three sides. Mary was put into bed and the net fastened securely to the "let-down" side. It was not long before the knots were scarcely tied and later left undone.—*Mrs. W. N. F., Milwaukee, Wis.*

A Novel Playroom

IN OUR UNFINISHED UPSTAIRS, with a sub-floor, a room has been made with two-foot chicken wire. In this enclosure are chairs, a cot, and rag rugs on the floor. Two swings are hung from the rafters. All the old toys are sent up here. On warm, rainy days my two small children have a delightful time, and when the weather is too cold and bad for them to get out, I put their wraps on and let them run and tear around until they are tired. This is a great help, as we do not have a nursery. —*Mrs. G. A. P., Tazewell, Va.*

If you have practical suggestions that would be helpful to others, tell them to us briefly. For every suggestion accepted one dollar will be paid on publication. Unaccepted contributions to this department will not be returned. Address Managing Editor, THE PARENTS' MAGAZINE, 255 Fourth Avenue, *New York, N. Y.*



Because "dosing" children for colds so often upsets their delicate little stomachs, more and more mothers every year are turning to Vicks VapoRub, the modern method of treating colds *externally*.

Acts 2 Ways At Once

Just rubbed on, Vicks cannot upset delicate stomachs, and it acts two ways at once in bringing relief: (1) It gives off medicated vapors which are inhaled direct to the inflamed air-passages. (2) At the same time it acts through the skin like a plaster.

For Adults, Too

Each year more and more adults, too, have found from actual use that this double action treatment is equally good for their own colds. Today, the whole trend of medical practice is away from needless "dosing."

Demand Grows Yearly

To keep pace with this ever-growing demand, the famous Vick slogan has again been changed. There are now "Over 26 Million Jars Used Yearly"—a jar for every family in the United States.

VICKS
VAPORUB

OVER ~~17~~ ~~21~~ 26 MILLION JARS USED YEARLY

All advertisements are certified as conforming to standards on page 59.

DOCTORS' WIVES KNOW..!

Jane P— and Robert S—, typical of healthy babies whose fathers are doctors.

For their babies' things they use LUX

WHO in the world gets better care than the babies who have doctors for fathers?

So we asked doctors' wives (scores of them) what they found the very best, very safest way to cleanse babies' wee garments. And 91% of all those asked said—"We use Lux!"

Child specialists, maternity centers, baby experts, all advise Lux. Lux has none of the harmful alkali so many soaps have—therefore Lux never irritates the baby's sensitive skin.

Woolens and diapers washed with ordinary flakes or chips, or rubbed with cake soap, become stiff and harsh—may cause chafing. Ordinary soaps just aren't pure and gentle enough for babies!

Little Gloria B—'s mother keeps her small garments soft and sweet with Lux.

Keeping the Convalescent Busy

(*Continued from page* 17)

fairly "high," in harmonies of yellow, green or blue.

The following is a list of a few simple crafts suitable for children of twelve or thereabouts—things that can be done in bed:

WEAVING—This includes "card-weaving," weaving on a "Swedish heddle" or colonial garter-loom, and on small table-looms equipped with harnesses.

KNOTTING—This is work that seems to be particularly good for irritable youngsters. Curtain pulls and beautiful belts may be among the products.

BRAIDING RAGS FOR RAG RUGS—The sewing of the rugs, too, when the patient is able to sit upright and hold a lap-board.

TIED DYEING—The actual dipping in the dye-pot cannot, of course, be done by the patient—but he can tie the knots. Scarves, curtains, and so forth, can be ornamented in this way.

MAKING HOOKED RUGS—Drawing and coloring with crayons and water colors.

SIMPLE LEATHER-WORK—Stamping and tooling, lacing, polishing.

WOOD-WORK—Sloyd, whittling and sandpapering, finishing and painting of toys cut out of wood.

MODELING—This should be a definite project such as the making of a tea-tile, book-ends, a door-stop and so forth, to be cast later in plaster or cement.

BLOCK-PRINTING—Designing, cutting the block, applying the print to cloth or paper.

STENCILING—Cutting and applying the stencils.

NETTING—Making hammocks and so forth.

MAKING MATS OR TILES OF LARGE COLORED BEADS—Fine bead-work is hard on the eyes and trying to the disposition—it is a poor occupation for sick children.

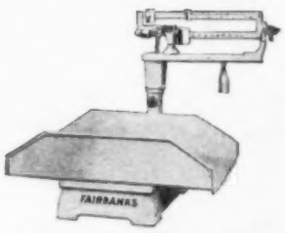
SIMPLE REED OR RAFFIA BASKETRY.

RAKE-KNITTING.

THE familiar handicrafts of ordinary knitting, crochet, embroidery, and tatting may sometimes be used with good results. For the young child there are many other amusing things to do such as paper-cutting and pasting, making a gay worsted cover for a ball, making a scrap-book, and so on. Coloring with water-colors or crayons is an amusement beloved by children, but for curative effect should be given a special turn—as the illuminating of an entire book with colored initial letters. Rake-knitting, which is very valuable for a restless youngster, is similar to the spool-knitting done on four pins stuck into the end of an empty spool, familiar to most of us from our own childhood.

Rakes for rake-knitting are supplied by many dealers in school supplies. They are usually round or oval, of wood, set with wooden pegs. Caps and scarves may be made on them. A rake that may be very easily made at home is the kind widely used in army hospital occupational therapy. It is

Use these GUIDES to HEALTH



Fairbanks Clinic Scale

Designed to meet medical, school and welfare requirements. Weighs the smallest infant accurately, yet has capacity to accommodate larger children. 24"x14" metal pan is fastened to platform. Blank bar balances blankets. White enamel finish. Capacity, 105 pounds.

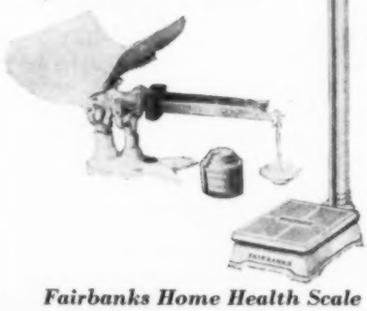
TODAY the importance of regular weighing of infants, children—and adults, too—is universally recognized. Exact knowledge of normal progress can be obtained only by a constant, *accurate* check on weight.

For 100 years the Fairbanks name has been synonymous with "accurate weight." It is good to know that Fairbanks dependability can be secured in scales built especially for weighing infants and children. Three of these scales are illustrated. Remember—Fairbanks Scales are *accurate*. And they are reasonably priced. Ask your dealer or write us.

FAIRBANKS, MORSE & CO.
900 S. Wabash Ave. Chicago
And 40 principal cities—a service station at each house

Fairbanks Infant Scale

Especially constructed for weighing infants. Large comfortable scoop cannot tip. No calculating is necessary, as a blank bar is provided to balance the weight of blankets. The white, pink, ivory, or blue enamel finish is easy to keep clean. Capacity, 35 pounds.



Fairbanks Home Health Scale

Convenient and easy to use. Occupies small space and gives all members of the family a frequent, accurate check on physical condition. Finished in durable white enamel. Capacity, 300 pounds.

FAIRBANKS SCALES

Preferred the World Over

SA201.74

designed chiefly for knitting woolen scarves, though sweaters and many other things can be made on it. It consists of two strips of wood about twenty inches long and about an inch square in section. The wood used should be tough and light. The two long strips of wood should be fastened together, parallel, at a distance apart of about three-eighths of an inch. Cross-pieces are nailed across the ends to hold them. Nails are then driven into the long strips as close to the slot as is safe, the nails being small brass wire nails with very small heads, set about an inch apart, and staggered.

The material to use for the work should be a good woolen yarn—Shetland, or a light-weight knitting yarn. A pleasant color-scheme is desirable.

To begin the work, make a loop in the end of the yarn and put it over the nail at the extreme right hand end of the rake; now with the free end of the yarn, throw a loop over the next nail, and the next, back and forth, taking care to leave the yarn loose. When the left hand end of the rake has been reached, take the yarn back again to the other end of the rake, winding it in a zigzag back and forth between the nails. Now take a small crochet hook or other suitable tool—a nut-pick was a favorite implement in the army hospital—and beginning at the left work toward the right, lifting the loop over the upper strand of yarn and over the head of the nail. Having reached the end, repeat the process of lifting the end, turn the rake around, again make a loose zigzag of yarn over the nails repeat the process of lifting the loops over the upper strand. The finished fabric will in time extend down through the slot in the rake, and may be made as long as one chooses, though no wider than the length of the rake. Stripes of various colors should be introduced to vary the work and to make the resulting scarf more attractive.

BUT the choosing of a suitable occupation is not the whole story of occupational therapy. After the occupation has been selected some means must be devised to make the patient not only willing but eager to do the work. A good deal of tact is sometimes required, and different methods must be followed with different temperaments. It is, of course, the doing of the thing that is of value to the patient, and the actual product is of very minor importance, but this is not the view to present to the patient. Never say: "Please try to do it for *me*, dear. It will be *so* good for you." It is here that mother often makes a serious blunder. Emphasize the pleasure of having the new belt or scarf or what-not, treat the occupation as a reward, as a desirable thing permitted, not as a task assigned. Sometimes the patient has a degree or two of negativism—less technically known as "contrariness." In this case, after showing and explaining the work, and doing a bit of it yourself to make the method plain—go away, leaving the work and the youngster alone together. This rarely fails to produce results.

(*Turn to next page*)

Let him form NOW
the priceless habit
of guarding

THE DANGER LINE

The Danger Line is the thin margin of tissue where gums meet teeth—at its edge are tiny crevices. Its greatest enemy is acids caused by fermenting food particles. Protect it by using Squibb's Dental Cream.

Do you realize how vitally important are the first "baby" teeth of your child? Upon them depends the proper growth of the permanent teeth and the graceful development of the jaws. They should not become diseased or they may affect the health of the permanent teeth.

Teach your child *now* to guard them at The Danger Line—the habit will help him have good teeth through life. For along this thin, delicate line of tissue, where gums meet teeth, so much trouble occurs. Here, are countless tiny V-shaped crevices. Your tooth-brush cannot penetrate these crevices without injury. So food particles constantly collect, ferment, form acids that irritate the gums and attack the tooth structure. Decay follows. Serious trouble can result.

But you can guard The Danger Line. Squibb's Dental Cream is made with 50% Squibb's Milk of Magnesia, universally esteemed as a safe, effective antacid. Each time you use Squibb's, tiny Milk of Magnesia particles are carried into every crevice, and render acids harmless.

Squibb's Dental Cream cleans teeth beautifully. It contains no grit, no strong astringents. It is harmless if swallowed. It soothes the gums and refreshes the mouth. Teach your child to use it regularly. Let it protect The Danger Line for *you*. Dental authorities agree that as long as The Danger Line remains healthy, pyorrhea will not occur.

A large tube of Squibb's is only 40c at any drug store. E. R. Squibb & Sons, New York. *Manufacturing Chemists to the Medical Profession since* 1858. © 1930 by E. R. Squibb & Sons

Squibb's Milk of Magnesia is a pure, effective product that is free from any unpleasant, earthy taste. It has unsurpassed antacid and mild laxative qualities.

SQUIBB'S DENTAL CREAM

Reduced Prices Now In Effect

THINGS OUR CHILDREN TEACH US

The eagerness of the little ones for sunlight — their quick response in health and spirits — their impatience at having to stay indoors in cold weather — isn't there a lesson in it all?

During those daytime hours when wisdom tells you the child should stay indoors, you can still satisfy his body's craving for the sun's health-giving properties. Provide a room where sunlight is freely admitted through Helioglass, the glass which transmits the vital Ultra-Violet rays generously — unlike ordinary window glass which really BLOTS THEM OUT.

Discuss at your Parent-Teacher meetings the idea of using Helioglass in the schools. And let us show you how reasonable is the cost of equipping one or more rooms in your home with Helioglass. Write for "HELIOGLASS FOR HEALTH", a helpful folder.

PITTSBURGH PLATE GLASS COMPANY « » PITTSBURGH, PA.

HELIOGLASS

AN ULTRA-VIOLET RAY GLASS

HELIOGLASS
AN ULTRA-VIOLET RAY GLASS

Keeping the Convalescent Busy

(*Continued from page 37*)

The project once begun should always be completed. This is extremely important, and it is at this point that the unprofessional therapist often fails, not realizing that it is the discipline rather than the pleasure of handicraft that is of value to the patient. Sometimes the problem of getting a piece of work finished proves troublesome. The work selected may have proved too simple, and so not interesting, or it may be entirely too difficult. If too easy, the patient can be encouraged to finish by the promise of something more interesting to follow; if too difficult, mother must find some unobstrusive way to help the work along and so get it done. But care in the selection of the work in the first place will obviate such difficulties.

DON'T make the mistake of leaving the work lying about, allowing the child to work a few minutes and throw it aside coming back to it later for a few minutes. The period for work should be definitely limited. At first the time should be short, and should be prescribed by the physician in charge. Later when the child is so far recovered that he can work a long time without fatigue, more leeway can be permitted. However, he should work while he is working, and when his interest begins to flag the work should be gathered up and put away.

The patient should not be given a great many different things to do at the same time, but should complete one piece of work before beginning another. As he nears recovery he should have school work as well as a craft occupation, but each in its appointed time. From the standpoint of "occupational therapy" the value of system in the work cannot be over-emphasized.

And the patient must succeed! For there is no medicine like success.

The following books and pamphlets suggest various occupations of interest to children and give explicit directions:

PLAYING WITH CLAY, by Ida M. Wheeler. *Macmillan.* $2.00.

WHEN MOTHER LETS US MODEL. *Dodd, Mead.* $1.00.

YOU CAN MAKE IT. *Gov't Printing Office, Washington, D. C.* 15 cents.

HOW TO MAKE BASKETS, by Mary White. *Milton Bradley.* $1.50.

KNOTTING AND SPLICING ROPES AND CORDAGE, (Chapter on hammock making) by Hasluck. *Milton Bradley.* $.55

VARIOUS OCCUPATIONS IN STRING WORK, by Louisa Walker. *Macmillan.* $1.40.

PAPER AND CARDBOARD CONSTRUCTION, by Buxton and Curran. *The Davis Press, Worcester, Mass.* $1.25.

HAND LOOM WEAVING, by Todd. *Milton Bradley.* $1.30.

WEAVING FOR BEGINNERS, by Luther Hooper. *Isaac Pitman.* $1.50.

HANDCRAFT. *Playground and Recreation Association of America, New York City.* $1.25.

Styles for Young Folks

(*Continued from page 26*)

of ways and made of different material from the rest of the garment. Cap sleeves, little puffed ones, and the sleeves that do not extend quite to the elbow are new features worthy of note. No sleeves at all are smart. Contrasting collars and cuffs, bands arranged at the hems and separate blouses worn with pleated or suspender skirts add variety to the wardrobe.

The cotton prints are beautifully styled this season and suitable for almost every occasion. There are sheer batistes and organdies for the hot weather dresses, printed or dyed in lovely pastel colors, zephyrs and chambrays for play, and gabardine, éponge or basket weaves that are rather heavy, for ensembles or the separate skirt that is worn with the sheer blouse. Linens are most important too, the heavier ones being very often combined effectively with the handkerchief weights. Broadcloths are suitable for children's frocks.

PRINTED percale is used for a dainty yoke frock for a youngster of four. White broadcloth collar and cuffs make an interesting contrast. The yoke is neat bound with bias fold binding of a dark color that harmonizes with the darkest part of the print. No. 6014.

The young man should have a light weight reefer for early spring. One of navy blue serge or flannel is very easily made when bound with silk braid and lined with sateen. No. 5809.

For the six- or eight-year-old a flared skirt is very smart. The upward movement at the top of the yoke is a new note and the scallops are finished with bias fold bindings of silk. The frock is made of printed challie. Satin ribbon makes an attractive tie. No. 6010.

Whether of cotton, silk or wool, the small boy's suits should be made so that they may be ironed without difficulty. The double-breasted front closing is made so that it can be fastened easily. The trousers are wide too and allow extra freedom for play. No. 5165.

The new cap sleeves are charmingly adapted to the needs of the young girl of sixteen and the little basque effect is very becoming No. 6020.

At stated intervals the suspender frock returns to fashion. In this style the hip yoke plays an important part. The skirt may be made of wool or a heavy cotton, such as éponge, while the blouse is of a sheer material. No. 6007.

The spring coat of tweed may be part of an ensemble or just an extra garment for wear over thin dresses. Made in single-breasted style, it is simple to develop, and the standing collar gives smartness. No. 5874.

6020 6007 5874 6010 6014 5809 5165

Back views of designs on page 26

More than a fruit

A VITALITY FOOD

That's why bananas belong in the daily diet

HEALTHY CHILDREN *constantly burn up energy. Give them tender ripe bananas to offset this drain. You'll find they thrive on them.*

STRIKE A NEW NOTE *by using this banana recipe today. Lay bacon strips across peeled and halved bananas. Bake in hot oven 15 to 20 minutes. Serve with lemon and parsley.*

NEARLY every time you pick up a magazine or tune in on the radio today, there is a new story by some authority on the food value of the banana. No longer the mere fruit we once thought it, this tropical delicacy is now known for its *vitalizing* food materials.

No fewer than *three* vitamins are present—A, B, and C, protective elements we must have for robust health. Then there are carbohydrates to furnish quick new energy; and vital basic minerals—for general body tone . . . If this food content were all, the banana would be a "find" for the table. But add to it a flavor so zestful as to make it a universal favorite.

Then it's easy to see why *bananas belong* in every household.

New Banana Book Free—*Just off the press and brimful of unusual recipes. Send coupon today.*

BANANA GROWERS ASSN., 17 Battery Place, N. Y. C.
Please send "Bananas in the Modern Manner."

Name_____

Address_____

City_____ State_____ P.M. 2-30

BANANA
GROWERS ASSOCIATION

All advertisements are certified as conforming to standards on page 59.

Individual
DIXIES
offer one of the most effective safeguards of a child's health!

That the glass, as the most common germ-carrier, is really dangerous in the spreading of colds and worse, we all know. The day will come when we shall no more think of sharing the drinking glass with even sister and brother than we today think of sharing the toothbrush.

But in other ways, too, may Dixies be a welcome help! Many mothers have written us that their children accept milk (and "nasty old medicines") much more readily in a pretty Dixie than in a glass. The beauty, and the pleasant touch, and the novelty of a Dixie have doubtless much to do with that.

These Dixies were specially made for use in the home, to avoid the trouble of washing glasses and to save the expense of broken tumblers and goblets.

They are packed in convenient 10¢ and 25¢ cartons. Stationery, grocery, drug, department and 10¢-stores have them in stock, or can easily procure them for you. Very handy at afternoon and evening entertainments.

INDIVIDUAL DRINKING CUP CO., Inc.
Original Makers of the Paper Cup
EASTON, PA.

You and the children will enjoy the Dixies Circus over WJZ and Associated National Broadcasting Company Radio Stations every Friday evening from 7:30 to 8:00, Eastern Standard Time.

Feeding the Family

(*Continued from page* 30)

Roast Loin of Pork

Wipe a fine five-pound loin of pork with a damp cloth. Rub with salt, a little powdered sage, pepper and a pinch of thyme. Dredge with flour and put in a pan in which there is a little flour. Put in a hot oven and when flour is brown add 1 cup boiling water and 1 or 2 onions cut fine. Reduce the heat and bake slowly from 2½ to 3 hours. Baste frequently. Pork should cook a long time very slowly to be perfect. Remove roast, add flour to gravy in pan, stir until thick, boil gently four minutes, then strain. Season well.

Grape Salad

2 level tbls. gelatin
½ cup cold water
¾ cup sugar
2 cups boiling water
Juice of ½ lemon
Juice of 1 orange
½ cup grape juice
¼ lb. seedless grapes

Soak gelatin in cold water for a few minutes, add sugar and pour in boiling water, stirring until all is dissolved; add fruit juices and white seedless grapes. Chill; stir occasionally while the mixture is congealing so that the grapes will float instead of falling to the bottom.—*Mrs. M. C. T., Columbia, Missouri.*

Stuffed Peppers

Cut the peppers in half and carefully remove seeds. Put in saucepan and just cover with boiling water and boil gently until peppers can be pierced easily with a fork. Remove carefully and drain. When cool fill with chopped left-over beef well seasoned with gravy and a little minced onion. A cream sauce may be used instead of gravy if you prefer it. Fill pepper shells. Cover with slightly buttered bread crumbs or a piece of bacon held in place by a toothpick. Put in buttered casserole or baking dish with ¼ cup of boiling water and bake in a moderate oven until crumbs are brown or bacon crisp. Peppers prepared this way are tender and easily digested.

A New Carrot and Turnip Dish

Take an equal quantity of small white turnips and carrots, peel and cut quite fine. Just cover with boiling salted water and cook until tender. Drain very well and mash thoroughly. Add a little cream, butter and salt to taste. Let the children find a good name for this new dish.

Whole-Family Dinner Menus

I
Grapefruit
Celery Roast Capon
Currant Jelly
Wild Rice Stuffing
Giblet Gravy
Browned Potatoes
Spinach (German Style)
Buttered Carrots
Mince Pie with Cheese (grown-ups)
Prunes stuffed with Cream Cheese and Chopped Nuts (children)

II
Chicken Soup
Whole Wheat Crackers
Creamed Capon and Asparagus Tips on Toast
Orange Salad
Little Sponge Cakes

III
Rare Roast Beef
Browned Potatoes
Buttered Kohlrabi
Endive Salad
Boiled Dressing with Chopped Beets
Tapioca Cream

IV
Bouillon Bread Sticks
Stuffed Peppers
Baked Potatoes
Buttered Beets
Lemon Gelatin with Custard Sauce

V
Broiled Lamb Chops
Marcaroni with Tomato Sauce
Cauliflower Au Gratin
Balloon Salad (remove grapes for very young children)

VI
Cream of Celery Soup
White Turnips and Carrots (a new dish)
Buttered Peas
Southern Sweet Potatoes
Cabbage Salad
Raspberry Junket with Cream and Chopped Nuts

VII
Creamed Fish En Casserole
Lyonnaise Potatoes (grown-ups)
Baked Potatoes (children)
Tomato and Watercress Salad
Baked Apple with Lemon Sauce

VIII
Broiled Steak
Hominy Soufflé
Creamed Celery
Brussels Sprouts (grown-ups)
Lettuce Salad
Vanilla Ice Cream with Chocolate Sauce
Graham Wafers

IX
Stuffed Tomatoes
Curried Rice (grown-ups)
Plain Rice (children)
Raw Carrot and Lettuce Salad
Peach Short Cake (Sponge Cake) with Cream

X
Tomato Soup
Roast Loin of Pork (grown- ups)
Hamburger Steak (children)
Baked Potatoes
Creamed Onions
Celery and Nut Salad
Sliced Pineapple Cookies

XI
Peanut Butter Appetizer
Borscht
Asparagus and Egg Salad
Bread Pudding with Jelly

XII
Consommé with Alphabet Paste
Green Pea Roast with Carrot Sauce
Baked Potatoes
Cabbage and Apple Salad
Prune Soufflé with Cream

XIII
Baked Fish (in Milk)
Butter Parsley Potatoes
Fried Egg Plant (grown-ups only)
String Beans (for children)
Tomato Jelly Salad
Fruit Cup

XIV
Vegetable Soup
Toast Melba
Baked Beef Liver
Creamed Potatoes
Mashed Yellow Turnips
Green Salad
Gingerbread with Applesauce

Avoid the Spring Health Slump

(*Continued from page 20*)

on circumstances. Life is more complex and exacting every minute. School alone, with all its ramifications, is about sufficient labor for the average growing child. Additions to the school program are at the expense of reserve strength, and if strength is under par anyway, or "reserve" is lacking, anything more is simply too much.

Each child's capacity for bearing the stresses and strains of living, physical, mental, and "nervous" is individual and can only be determined by trial. Parents must early learn to realize this capacity, and by it to regulate their children's activity. As long as a child grows and gains satisfactorily, remains serene, does well enough in school, and has a good time parents may feel fairly certain that his program is not overcrowded or too taxing. If, however, physical gains become unsteady or deficient, if emotions begin to show unusual predominance or instability, or if school is causing worry one way or another—these are danger signs, and generally indicate that more rest and less energy-expenditure are required. Or at least there must be a common-sense stock-taking. To take stock ask yourself these questions about your child:

ARE his habits of eating, sleeping, eliminating, working, playing regular? Here lies the basis of good health.

Has the child been plainly overdoing? If so, cut mercilessly. He may have to give up basketball, or a class office, or a club, or dancing or music. Out it should go if necessary, for health is worth more than any of these.

Is food intake adequate, and suitably balanced—*and is sufficient time devoted to eating to make it leisurely?*

Is night rest calm? Does the boy or girl get to sleep easily enough so that wakening in the morning is complete and spontaneous and in plenty of time for pre-school rites to be performed? If not—regardless of age, more rest at night or after school is the only remedy.

Are eyes clear, tongue clean, hands steady, color rosy, skin smooth, muscles strong, bones and ligaments sturdy and tough? If not, hygiene needs correction or some physical defect needs remedying, since working capacity is lowered by deficient aeration of lungs, impaired vision, bad teeth, chronic infections or strain of any kind.

Finally, is the *child* the over-ambitious one responsible for too much consumption of energy, or are the *parents,* ever zealous for him to have "all the advantages," the blamable ones? Parents must learn that flowers and children can bud and bloom only at a given rate and to a given degree of beauty. Rate and degree can be enhanced by cultivation and nurture, but not by force.

Then remember: if regularity, sufficiency, restraint and balance in all things govern the life of your child throughout the year, his vitality will be high at all times, and there need be no fear of a spring health slump.

KNOX
Write for our valuable literature describing the health-importance of adding Knox Gelatine to milk—for babies, children and adults.

Mothers! --Important news about Milk!

Milk, the most precious of foods, is depended upon to give health and growth to babies and children. But, unfortunately, the full food strength of milk is not always digested. Sometimes this failure to digest milk fully results in colic, regurgitation and similar disturbances.

Here is where the medical profession has made a discovery—with Knox Sparkling Gelatine. When it is dissolved and added to milk, Knox Gelatine largely increases the available nourishment. It prevents such disturbance as colic. It helps babies and children gain and keep their normal weight. There has never been a failure reported—and thousands of successes are recorded. Only Knox Gelatine should be used, because it is the purest of gelatine—plain, unflavored, uncolored and unsweetened. Physicians prescribe it, not only for babies and children, but also for grownups who need the complete food value of milk!

The method of combining Knox Gelatine with milk is simple: Soak, for about ten minutes, one level tablespoonful of Knox Sparkling Gelatine in one-half cup of milk taken from the baby's formula; cover while soaking; then place the cup in boiling water, stirring until gelatine is fully dissolved; add this dissolved gelatine to the quart of cold milk or regular formula. (For children and grownups dissolve and add one teaspoonful of Knox Gelatine to the glass of milk.)

Ask your physician. And—write for our informative booklets.

KNOX *is the real* GELATINE

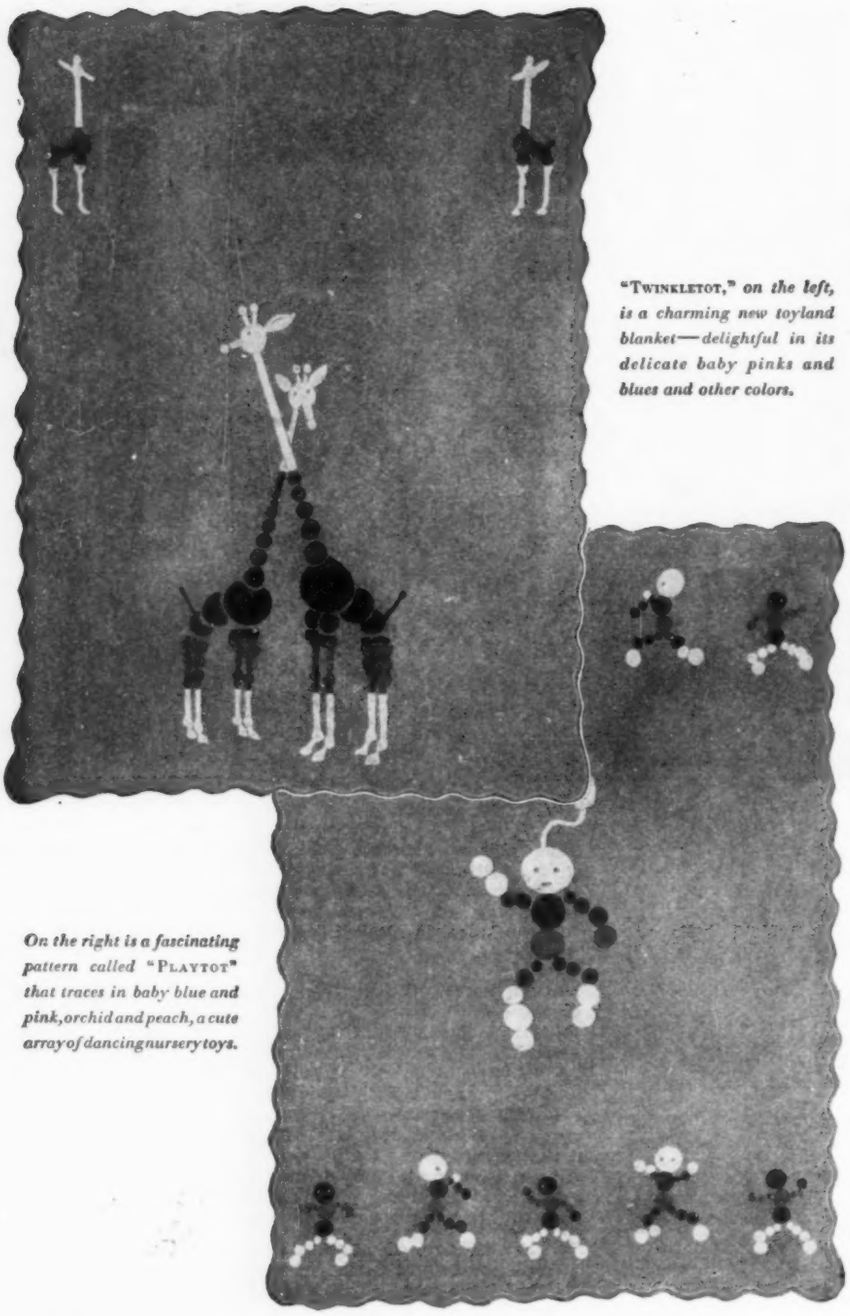
CHARLES B. KNOX GELATINE CO.,
103 Knox Avenue, Johnstown, N. Y.
Please send me FREE copies of your Recipe Books.

My name is.....

My address is.....

My grocer's name is.....

Mail us this coupon today—we will send you a real surprise for your kitchen library



"TWINKLETOT," *on the left, is a charming new toyland blanket—delightful in its delicate baby pinks and blues and other colors.*

On the right is a fascinating pattern called "PLAYTOT" *that traces in baby blue and pink, orchid and peach, a cute array of dancing nursery toys.*

When dear little eyelids droop

TUCK baby in with a soft, downy crib blanket that will send him cosy and warm to the Land of Dreams.

You will find a fascinating variety of Baby Pepperell Crib Blankets from which to make your selections—delicate shades of baby blue, pink, orchid, and peach, in plain colors, and in cute new nursery patterns. Never before have such values been offered as you will find in the Baby Pepperells and the prices are most reasonable.

PEPPERELL MANUFACTURING COMPANY
Executive Office: 160 State Street, Boston, Massachusetts
General Sales Office: 40 Worth Street, New York City

BABY PEPPERELL MODERN CRIB BLANKETS

Should Children Go to the Movies?

(*Continued from page* 16)

the movies except those shown under the auspices or at the instance of schools, churches or other agencies dedicated to the promotion of child welfare. The ordinary commercial film is intended for a general audience and cannot possibly be expected to take into account the mentality of children under ten. Such children are likely to obtain the most twisted and unreal ideas of life from following the ordinary commercial film.

CLIFFORD SHAY TWOMBLEY, D.D., *Rector of St. James Church, Lancaster, Pennsylvania*—I think that it is a very serious mistake for parents to allow their young children to go to the average moving picture show today, or to see any picture which they themselves, or reliable people whom they can trust, have not seen beforehand. Forty or fifty per cent even of the "feature" pictures today have some *intentionally indecent* scenes in them, and far too often in pictures of decent titles are inserted scenes of most objectionable character.

A local committee of women had to abandon their special children's matinees recently because after eighteen months' trial they could find no more suitable pictures for children under twelve.

MARY ALLEN ABBOTT, *Author of "Motion Pictures for Different School Grades," Teachers College, Columbia University*—I believe the usual movie is not for young children. Experiments conducted by Professor Harold E. Jones of the University of California have shown that children under ten years of age understand only about half the subject matter of a movie, but also that "the curve of forgetting" is slow after seeing a film, and is slower for children than for adults.

It may be true also that with young children a vivid impression tends to be singled out and remembered. A motion picture test on "The Thief of Bagdad" given to children aged nine and one-half to twelve years of age in the fifth and sixth grades, Horace Mann School, New York City, showed the vividness of impression of a scene which on the screen was only a flash—namely, the lashing with swords of the beloved thief. Three days after the film was seen, the test was given. In answer to the question, "Was there anything that seemed cruel to you in the film?" sixty-two out of the hundred and ten children said "When they flogged the thief."

Children from ten to twelve and younger are known to have a dislike for scenes of cruelty and physical suffering on the screen, for love scenes and for too much pathos. These are wholesome reactions which parents do not want changed, but frequent witnessing of

such scenes might do just that. Until moving pictures are written especially for children, there will inevitably be such scenes in almost every picture that comes to your neighborhood theater. It seems sensible to wait for the very occasional picture and then to be together as a family with mother or father acting as interpreter to the younger children.

CATHERYNE COOKE GILMAN, *General Secretary, Women's Cooperative Alliance, Minneapolis, Minnesota*—The proof of the undesirability of motion pictures at their present level for children under ten years is available in any theater at any time where children and current pictures meet. It does not necessarily require the scientific analysis of a psychologist or a psychiatrist to appreciate the taut muscle and excited nerve, the hysterical laughter and terrified cry to know that the strain is too severe and the presentation too mature for ten-year-old children of our civilization.

Much has been done to prolong infancy and childhood in order that children may have opportunity to live fully through each period of mental and physical development necessary for a desirable adjustment to adult requirements. Motion pictures tend to reverse the present principles of child training by crowding all of life's experiences into an afternoon's performance for children.

LEE F. HANMER, *Director, Recreation Department, Russell Sage Foundation*—My children have attended the movies since they were six or seven years of age, and we have been pleased to find that their reactions have been uniformly in the direction we would desire. The way in which the film stories are presented seems to me to stimulate right thinking about fair play and certain justice to all concerned.

The comedies give the youngsters a lot of happy entertainment and in the main are free from harmful suggestions. In my opinion, the character of the comedies has been steadily improved. The news reels bring to the children a world point of view of current events, and the various one or two reel educational subjects that are frequently included in the movie program supplement the school work in a very effective and happy way. I also believe that such instruction in matters of sex as parents should attempt to give to their children is helped rather than hindered by the film dramas.

I think that parents should go to the movies with their children, and that there should be moderation in attendance—about one movie a week, and that on Friday or Saturday, has been our plan.

MRS. JOHN VRUWINK, *Chairman, Motion Picture Committee, Women's University Club, Los Angeles Branch, Association American University Women*—When I see the eager

(*Turn to next page*)

HELP YOUR CHILDREN *make friends with their teeth!*

Show them what fun it is to brush their teeth . . . with Colgate's. Teach them that their toothbrush is their friend . . . Let them actually taste the thrill that comes with clean teeth . . . and a sweet mouth and breath. Mothers know that Colgate's has the taste that captivates the child . . . No wonder children like to brush their teeth with this delicious toothpaste that always tastes . . . oh, so good!

Colgate's cleans with a *washing* action . . . its sparkling, bubbling foam sweeps over teeth and gums, surging down into tiny pits and fissures where food collects and where ordinary toothpaste cannot reach. It purifies and refreshes the entire mouth . . . polishes the teeth brilliantly, *safely.*

Important! Colgate's contains no drugs or medicaments which may derange the bowels or upset the digestion. This is a factor of prime importance with young children, as many mothers can testify.

Colgate's is the largest selling dentifrice in the world . . . more people use it, and more dentists recommend it than any other toothpaste . . . be guided by their advice, which is based on twenty-six years of experience with this wonderful dentifrice.

FREE: ***to Mothers—This makes Toothbrushing a Game!***

The Colgate Clean Teeth Chart records each daily brushing. And a reward is promised to the child who cleans teeth regularly. Parents and educators say this method works wonders—for it appeals to the child's play instinct! Try it. Mail this coupon. We will send you a free chart for each child, together with a free trial tube of Colgate's to start on at once.

Colgate, Dept. M-897, P. O. Box 375, Grand Central Post Office, New York City
Gentlemen: Please send me "Clean Teeth Charts" and free trial supply of Ribbon Dental Cream for.....children.

Name.....Address.....

City.....State.....

All advertisements are certified as conforming to standards on page 59.

These four watchmen guard your child's health

DAY AND NIGHT!

RAISING a child, as every mother knows, is no eight-hour job. Each complete day should bring him growth, health, a contented mind—a victory over disease.

Some of the most insidious diseases of childhood are those caused by vitamin-deficiency. General lowering of resistance—especially to the common cold—nervous disorders, rickets, soft teeth, scurvy...each is associated with lack of vitamins.

Think of the vitamins as policemen of our bodies. They guard against disease and promote normal growth. But when children are finicky with their foods, it is difficult to be certain that they are getting enough vitamins from their meals. Often the discovery comes too late.

Fortunately, medical science has developed a simple food combination which is known to carry all four vitamins. A leading biological chemist has proved that Maltine With Cod Liver Oil —added to orange juice in adequate dosage— *provides a sufficient quantity of all four vitamins (A, B, C, D) to promote health.*

Seventy per cent of this preparation is Maltine, a concentrated extract of malted barley, wheat and oats—rich in Vitamin B. The rest is pure vitamin-tested cod liver oil (a bountiful source of Vitamins A and D). Taken in orange juice (Vitamin C), this preparation gives your child adequate protection against vitamin-deficiency. Keep a bottle nearby in the kitchen cabinet, and stir it in with your child's morning orange juice.

Send for a free copy of the booklet, "The Doctor Talks About Vitamins." In simple language it tells you the important facts about the four necessary vitamins. The Maltine Company, 20 Vesey Street, New York. Established 1875.

The A B C's of Vitamins

A "OFFICER A" *is essential to normal growth and helps protect against certain infections, especially those that attack the respiratory system. Maltine With Cod Liver Oil is a recognized rich source of Vitamin A.*

B "OFFICER B" *is most essential. Lack of Vitamin B results in loss of appetite, a cessation of growth, and the appearance of certain nervous disorders. Vitamin B is found in abundance in Maltine With Cod Liver Oil.*

C "OFFICER C" *prevents scurvy. Orange juice is everywhere recognized as very rich in Vitamin C. That's why we recommend this policeman.*

D "OFFICER D" *is also necessary. A deficiency of Vitamin D causes rickets, that weakener of child bones. Sound teeth depend upon it. It is meager or lacking in all our ordinary foods. Maltine With Cod Liver Oil is rich in Vitamin D.*

Maltine

WITH COD LIVER OIL

Accepted by the Council on Pharmacy and Chemistry of the American Medical Association

Should Children Go to the Movies?

(*Continued from page* 43)

faces and hear the intelligent comments of young children after seeing an occasional film suited to their understanding, I feel that motion pictures could be a constructive factor in their lives. But I do not believe that the regular theater program, as it is arranged for the average mixed audience, should have any place in their experience.

One of the most serious criticisms is that of fatigue. The physical conditions of theaters are not healthful for them, the usual program too long.

Statements which attempt to prove pictures harmless because children cannot remember them are open to criticism. I find that they frequently recall stories in some detail, and when they do not, they remember incidents which out of their context leave more dangerous impressions. Films are made for adults. Their sophistication is not always intended to be realistic or true to life, but children accept as facts what experience does not enable them to judge. A very certain sophistication results. We attempt to surround children with well chosen associates, but the characters on the screen, so real to them, are often not the kind we would want them to know.

For these reasons I feel that children under ten should have only infrequent and exceptional experiences at movies.

CLARA HARRISON TOWN, PH.D., *Director of Psychological Clinic, Children's Aid Society and Society for the Prevention of Cruelty to Children of Erie County, N. Y.*—The pronounced effect of movies upon children's thought cannot be doubted by those who watch their play. Children's play reproduces—dramatizes—the life about them, and just now movies constitute an important part of this life. Whether their effect upon children be beneficial or harmful depends largely upon what the movie presents for dramatization.

As a rule movies are designedly emotional in character. Emotions are aroused and no outlet in action is provided. The action must come either by direct dramatization, or in emotional excitability, restlessness and irritability leading to a line of behavior problems.

On the other hand, movies make possible a strikingly vivid presentation of ideas, and if children's movies presented as heroes Lincolns and Roosevelts, rather than bootleggers and highwaymen, we should welcome children's movies as a force for character development.

H. DORA STECKER, *Former Staff Member of the U. S. Children's Bureau*—Recreational motion pictures are intended *primarily for adults* and their purpose is *entertainment.* The industry has stated this in no uncertain terms.

For the child under ten years of age

all experiences are formative or educational, since he is impressionable and has not lived long enough to have developed mature judgments toward the big problems of living. To the average pre-adolescent of this age range, what the screen shows and says partakes of reality and authority. The younger the child, the more prestige it carries; and heroes, models of conduct, standards, and ideals carry over from the picture.

The movie makes its appeal largely to the emotions, and settles most of the problems of the world on the "It" basis; yet the young barbarian must learn the lesson of self-conquest for the game of life. The military ideal screams from the news reel; racial misrepresentation, the two-fisted he-man, and an appreciable amount of brutality and actual fighting still persist, along with the prejudices of the man of the street, yet our children today are being educated elsewhere toward international tolerance, racial understanding, the outlawry of war, and humaneness toward man and beast!

It is quite apparent from the above that the complex life of the modern child may be further complicated by the dual standards emanating from the screen; and dual standards are always confusing and dangerous!

JESSIE C. FENTON, *Psychologist, California Bureau of Juvenile Research*—The ordinary motion picture program is certainly too long for small children, and involves, by its very length, too much fatigue through its demand on the child's attention. There are still relatively few motion picture theaters in which the mechanical imperfection of the apparatus does not involve a further strain for young eyes. And I am convinced that it is the very, very exceptional film that is really *good* for a child to see, really suited to a child's comprehension and to a child's point of view. Ideally, the moving picture should take its place beside the best of children's books in the child's interest and training, but I do not feel that we have as yet approached this ideal standard.

And so I should say, I believe, in answer to your question whether children under ten should attend movies—eventually, yes. But as things are now, no. Or at any rate, very rarely.

LINDA A. EASTMAN, *Librarian, Cleveland Public Library*,—I do not think that the average child under ten should be allowed to attend a movie which has not been previewed by the child's parents, teacher, or other person competent to decide on its fitness for children to see. The average movie is planned for an adult audience, and with no thought of its effect on children, and contains features undesirable for children, while many films are positively harmful to them.

I believe that parents should use their influence to encourage the production of pictures with no objectionable features—fine pictures which children can thoroughly enjoy.

Now—
Children will eat Vegetables Eagerly!

VEGETIZED WHOLE WHEAT WAFERS

VEGETIZED TOAST

Be sure to try this new healthful, non-fattening toast which contains one-fourth its weight of five fresh vegetables. Use it wherever you use toast. Doctors advise Vegetized Toast for teething children because it is completely dextrinized and is rich in vegetable calcium and other mineral salts. Those troubled with Acidosis will find Vegetized Toast helpful because of its alkalinity. (This Toast is the foundation of the famous Hollywood 18-day reducing diet).

THESE LEADING BISCUIT COMPANIES

are collaborating to bring you Vegetized Wafers. One of these serves your territory and will supply you if your grocer cannot.

NEW ENGLAND
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MIDDLE ATLANTIC
Keebler-Weyl Baking Co., Phila.
Ontario Biscuit Co., Buffalo and Pittsburgh

CENTRAL
The Felber Biscuit Co., Columbus
Hekman Biscuit Co., Grand Rapids
Junge Baking Co., Joplin, Mo.
Lakeside Biscuit Co., Toledo
Manchester Biscuit Co., Fargo, N. D. and Sioux Falls, S. D.
Quality Biscuit Co., Milwaukee
Sawyer Biscuit Co., Chicago
Strietmann Biscuit Co., Cincinnati
Union Biscuit Co., St. Louis

SOUTH
Martin Biscuit Co., Birmingham
Tennessee Biscuit Co., Nashville
Vories Baking Co., New Orleans

MOUNTAIN STATES
Merchants Biscuit Co., Denver
Purity Biscuit Co., Salt Lake City

PACIFIC
Bishop & Company, Los Angeles
Mutual Biscuit Co., San Francisco
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McCormick Mfg. Co., Ltd., London, Ont.

CHILDREN who don't like vegetables may now be assured a constant and plentiful supply of health-protecting vegetable vitamins, mineral salts and roughage, for every child who likes cookies will like Vegetized Wafers!

Each delicious Vegetized Wafer contains the equivalent of one-fourth its weight of fresh carrots, spinach, lettuce, tomatoes and celery.

These five vegetables supply the five vitamins, A, B, C, D and E and fourteen mineral salts, including calcium (the tooth and bone builder), iron and phosphorous. The exclusive Vegetization process removes the water (which is 90% of the vegetables) leaving the vitamins, mineral salts and vegetable roughage. This is then milled to a fine "flour" which, in turn, is baked into delicious Vegetized Wafers by the 26 leading Biscuit Companies of America whose names are listed here.

Vegetized Wafers are beneficial to adults as well as to children. They are not fattening—and because of the strong alkaline reaction of the vegetables, these wafers help to correct Acidosis and other digestive disturbances, as your doctor will tell you.

At Your Grocers TODAY!

Good grocers throughout the United States and Canada can now supply you with freshly baked Vegetized Wafers. Buy a package or two today. Vegetized Wafers are now more palatable than ever—just try them and see how good they are *now!* But be sure you get the box pictured above. Look for the word "VEGETIZED" on the label! VEGETIZED Wafers are the *original* and *only* wafer containing ¼ its weight of 5 fresh uncooked vegetables with vegetable vitamins and mineral salts retained by the exclusive VEGETIZATION process.

VEGETIZED FOODS, Inc. . . . . Union Insurance Building LOS ANGELES

Mothers send for this Free Book...

VEGETIZED Wafers are approved by Good Housekeeping, Child Life, Modern Priscilla, Delineator, and other authorities. Send for this interesting free booklet describing the Vegetization process and giving recipes for using Vegetized Wafers.

VEGETIZED FOODS, Inc. 2P2-30
Union Insurance Bldg., Los Angeles, Cal.
Please send me the free book describing the Vegetization process.

*Name*_____
*Address*_____
*City*_____ *State*_____

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A GIFT *for Mothers –*

HERE is just the kind of book that every mother has wished for. A simple, practical book that brings you everything you could want to know about making clothes for the children. From a layette for the tiny newcomer, straight through rompers and school-time clothes to frocks for the grown-up girl—you will find here just the clothes you need for your children, whatever their ages may be.

It will help you, too, to plan their wardrobes. There are lists of the garments you should have, suggestions for the most appropriate materials and the amounts required, and finally the most complete illustrated step-by-step directions for making.

"How to Make Children's Clothes" was prepared by Mary Brooks Picken, America's foremost sewing authority. It is 64 pages in size and contains 143 illustrations. You may obtain a copy without any cost or obligation whatever, from the Singer Representative who calls at your home or from the Singer Shop in your neighborhood. If you prefer, ask for a copy of "How to Make Dresses" or "How to Make Draperies." Look in your telephone directory for the nearest shop address of the Singer Sewing Machine Company.

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Planning a Layette
Sewing for Infants
Making Baby Slips
Bishop Dresses
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Square Yoke Dresses
Round Yoke Dresses
Layette Accessories
Baby Coats and Bonnets
Rompers
Play Aprons
Bloomer Frocks
Companion Suits
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Combination Suits
Night Clothes
Apron Frocks
Mending Children's Clothes
Occasion Frocks
Boys' Clothes
Middies and Bloomers
Two-Piece Frocks
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One-Piece Dresses
Basque Dresses
Jackets and Coats
Pajama Costumes
Good Taste in Children's Clothes

SINGER ELECTRIC

Sewing Machines

Sold only by the Singer Sewing Machine Company. Shops and salesmen in every community.

Easy monthly payments on any model. Liberal allowance on your present machine.

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Open the Schools to Parents

(*Continued from page* 13)

concerning children; and philosophers may analyze and synthetize their finding; but the value of their efforts must be minimized unless the parents in the home can receive and make use of the knowledge they acquire.

There should be classes for parents in every public school, every private school and in every college and university in the country. Already many institutions of learning have seen the light of the new day that is dawning, and in such places classes in parental education and child training have been started.

One of the first outstanding examples of such an effort is the Merrill-Palmer Motherhood and Home Training School in Detroit. The school was made possible through the generosity of the late Mrs. Lizzie Merrill-Palmer, and its object, as stated in her will, was to educate, train, develop and discipline girls and young women of the age of ten years or over, "with especial reference to fitting them mentally, morally, physically and religiously for the discharge of the functions and service of wifehood and motherhood, and the management, supervision, direction and inspiration of home." Now if some philanthropic father would realize that fathercraft is quite as important as mothercraft, that fatherhood is as sacred an obligation as motherhood, and would endow such an institution for fathers we would be well on the way to a real solution of many of our problems. The Merrill-Palmer School is a demonstrated success and it has evolved and put into operation a number of plans of far-reaching value.

IN a number of the larger co-educational colleges and universities courses in child study are offered in the departments of home economics and household management. These courses usually include "the psychological study of young children" and "practice in the feeding and physical care of children in the nursery school." Such nursery schools are laboratories for two classes of students: those who are preparing to become teachers of school study classes and those who have direct care of children including the mothers of the children. Such courses as the ones cited above or similar ones are conducted at the universities of Chicago, Cincinnati, Cornell, Purdue, Iowa, Ohio State, Alabama Polytechnic, California, Washington, Michigan, Pennsylvania State and Minnesota. The women's colleges are falling into line too, Vassar having been the first to form a Division of Euthenics for the study of Parenthood and The Family.

But perhaps more promising still is the fact that efforts are being made in the direction of the education of potential mothers and fathers in a number of high schools, notably the Highland Park Michigan High School which co-operates with the Merrill-Palmer School. In Oakland, California, three

of the junior and senior high schools have incorporated phases of child care and training in their scientific courses. In Oklahoma mothercraft instruction is given to mothers through study groups as a part of the adult education program conducted by the public school system with the co-operation of the Home Economics Division of the State Department of Vocational Education. Perhaps these courses will, in time, come to include instruction in fathercraft. Certainly it seems that these efforts within the school mark a distinct progress toward a practical study of the most fascinating and important group in the world—the children of the race.

The Federal Government has contributed in this field through such agencies as the Children's Bureau, the newer Woman's Bureau in the Department of Labor, the Public Health Service and the Bureau of Education. All the agencies working under federal control have done and are doing excellent work, but there is serious need of co-ordination of effort and of a simple and definite plan which might be inaugurated by the education authorities of the Government, by which night classes for parents might be opened, in which fathers and mothers could receive systematic instruction as to problems of discipline, reward and punishment, child health, habit formation and other related problems. In any such efforts the Government should call to its support the United States Chamber of Commerce and such national organizations as the Rotary, Kiwanis, Lions and Elks clubs, the Parent Teachers' Association, the Child Study Association of America—two organizations already doing outstanding work in the field—and certainly the General Federation of Women's Clubs, a powerful and persuasive organization of more than three million members whose activities are now centered in "The American Home." The biggest and best thing that these splendid women could possibly do for the American home is to help make available to all parents the latest and best information concerning the care and training of the child.

CAN any one doubt that the proper study of mankind must begin with the child; that the proper study of the child must begin in the home and in preschool days, even in pre-parent days? The consummation devoutly to be wished is an enlightened American parenthood. The public and private schools, the colleges and universities, have a technique for teaching and a system for reaching into the homes of the nation that no other institutions or organizations can ever have; and therefore the logical place to teach potential and actual parents what they should know about children is in the school, college and university. And the logical function of every organization, institution and group sincerely interested in the study and improvement of child life is to stimulate and encourage a national campaign for the education of parents.

Quaker Farina—known for years as the first solid food for infants

A full hour of Sunshine in every dish

FREE
Full-size package
See Coupon

A WORLD-FAMOUS hot cereal breakfast is now a new source of protection against the ills that are due to lack of sunlight.

The name of this hot cereal is Quaker Farina. It gains its new protective power from the Steenbock Process of Irradiation developed by Professor Steenbock of the University of Wisconsin.

Patented process

By means of certain powerful rays, themselves 30 times as strong in ultraviolet energy as natural sunlight, the discoverer of this process *stores up* in every dish of Quaker Farina the vitamin value of one full hour of sunshine!

Thus the "standard hot cereal," which has been prescribed for 52 years by child specialists as ideal for the growing child, now becomes more essential than ever before.

Quaker Farina is made of the inner, most nutritious parts of the wheat. Rich in carbohydrates, its creamy deliciousness contains high energy value for growing bodies. The fine granules, from which every harsh indigestible part has been removed, provide a food which even the youngest stomach can easily digest.

A protective food

For these reasons Quaker Farina is known to all mothers as the ideal cereal for youngsters . . . from infancy up through busy school years.

Start at once to give your child this new, vital health protection. Get "Irradiated" Quaker Farina at your grocer's. No change in taste. No change in price.

WARNING: Don't be confused. The mere fact that grains grow in the sunlight is not sufficient to give cereals the sunshine vitamin. The husks keep this invisible ray out of the heart of the grain. Only cereals marked "Irradiated under the Steenbock Process" are guaranteed to have the sun vitamin resulting from treatment with ultraviolet rays. Government patents cover the process. The Quaker Oats Company has been granted the sole right to irradiate cereals.

Quaker Farina

Heart of the Wheat

FREE! Full-Size Package

Write your name and address here and we'll send you your first package FREE. Mail to Dept. D-2, The Quaker Oats Co., 80 E. Jackson St., Chicago.

Name.....

Street.....

City..... State.....

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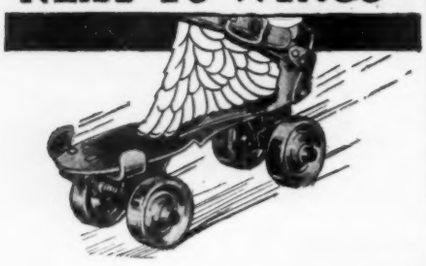
Rollfast SKATES

NEXT TO WINGS



For the Finest Youngsters in all the World

FOR them, only the best can be good enough. In roller skates, that means Rollfasts!

Rollfasts *do* skate easier, faster . . . because of their extra-big ball bearings and their smooth-rolling wheels. They hug the ground like a low roadster . . . for extra safety on turns and whirls. They are sturdily built of the best skate steel . . . to take the punishment of thoughtless, active kids.

And only on Rollfasts will you find the Patented Flexible Reinforcement that lets these skates "give" freely . . . which means they never sag or bend, even when fully extended. Yes—Rollfasts are the finest of skates for the finest of kids!

Adjustable from 7½ to 10½ inches; fit any child or adult shoe. At sporting goods, toy, hardware, bicycle and department stores . . . in bright orange boxes.

D. P. HARRIS HDW. & MFG. COMPANY
D. P. Harris Building New York, N.Y.

Why Children Fail at School

(*Continued from page* 19)

been seesawed from one school to another, from one type of instruction to another, often jumping wide gaps both geographically and educationally, confusion of methods, "holes" in background, lack of continuity of background, overlapping of instruction, different techniques, are all jumbled together in a muddled mind. Often, just as the boy or girl begins to find himself, another change is made. Even in the case of children with a fairly stable school background, from the attendance standpoint, we find that the psychological effect of plans to leave for a new school next year is apt to result in a letting-down of effort, and a don't-care attitude.

Many a child, too, actually depends on summer tutorial help and "writing off conditions" in the fall. Failure to win promotion in the spring is a matter of no grave concern to him when he knows that Father will later supply the cost of individual coaching. On the other hand, there are children who are entitled to this help, who don't get it; children with broken educational backgrounds, children with obvious special disabilities, children who are trying to "double up." Such children need the best tutoring that parents can secure for them.

The most pathetic victim of parental misguided, or rather unguided, judgment, however, is the child with interests outside the usual fields of study, who is forced to go through high school to satisfy the ambitions of his parents. Father insists that Son prepare for college when Son may not be college material. The boy is compelled to learn Latin and science to qualify for entrance to college and is not only unhappy in the struggle, but sure to fail. In such a case the parents should allow the psychologist to decide whether or not the boy's failure in a subject, or a course of study, is due to lack of interest and consequent hostility, or inability. Mother may be keen to have her daughter write stories and be a famous novelist when Daughter craves the orderly routine of secretarial work. Father may want his son to be a doctor when Son thinks only in terms of stocks and bonds. Both parents may insist on college when the child's intelligence quotient is scarcely high enough to see him through high school!

THERE are some children whose sole reason for poor work is that they do not try hard enough. This may mean that they have not set up definite standards for themselves, for there are always some who do not care where or how they stand in the class line-up. It may also mean that the school work is not made interesting enough to hold their attention. Other students are too ready to rate themselves from the lower end, from the passing mark rather than from the upper end of the class or maximum. Too familiar is the reply, "Well, you ought to see what Douglas did; he came down at the foot!" or, "Well, I got more than Mary did; I'm not the

For *your* BABY *doctors urge* PYREX Nursing Bottles

Won't break in boiling water.

Won't break in cooling.

Hundreds of doctors—all over the country—urge the use of these boil-proof Nursing Bottles. You can plunge them, cold, into boiling water; or, hot, into cold water—they will not break!

Physicians say these bottles promote higher infant health standards because they make absolute feeding regularity so much more certain.

Don't risk upsetting your baby's feeding schedule by bottles that break when you are heating his milk.

Use this boil-proof, easily sterilized bottle that doctors recommend:

6-sided—Pyrex Nursing Bottles cannot slip from your hand or from baby's. There are no sharp angles on the inside of the bottle, which is rounded off broadly and is very easy to clean.

Flat-bottomed—they stand firmly.

Ounces and half-ounces are plainly marked.

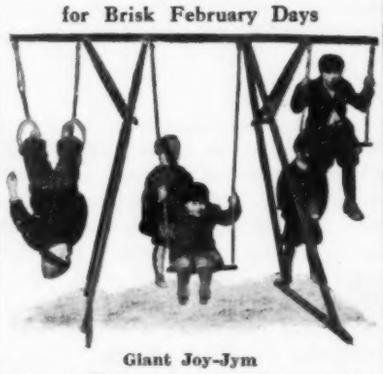
The two shapes that baby specialists approve—narrow neck and wide mouth—both in 8-ounce size.

Get enough Pyrex Nursing Bottles for a full day's feeding from your druggist. They are made by the makers of Pyrex Ovenware. Corning Glass Works, Corning, N. Y.

Trade-mark "PYREX" Reg. U. S. Pat. Off.

Healthy Exercise

for Brisk February Days



Giant Joy-Jym

Giant Playground Apparatus

is built for those youngsters who just won't stay indoors and puts a ruddy glow into their cheeks. All equipment made of hard wood and rust proof metal. The weather can't hurt it.

Send for our Folder showing Full Line of Junior Playground Apparatus.

GIANT MFG. CO.

Department T-21

Trenton, N. J., or Council Bluffs, Iowa

Money refunded if in any way dissatisfied

worst one in the class!" Some children have a *"laissez-faire"* attitude. One bright boy confessed that he had always "got by" in the past, and expected luck to continue in his favor. What he did not realize is that the years pick out the delinquents and that somewhere along the road he will be left behind. Other children have been brought up with an inferiority feeling which they have never been helped to overcome. "Well, James never *could* read!" James has heard his mother say, and consequently James never does. Or, "George is like his father; he couldn't spell either." George accepts this fore-ordained handicap as the simplest way out.

SOME youngsters work in spasms, being fairly industrious during the week, but when Friday comes they "let down." Certain social and recreational activities are scheduled for Saturday and Sunday, and on Sunday evening they are in no mood to study. The inevitable happens; Monday morning's lessons are not done. The psychology of the week-end attitude is well known to teachers. Still other children, in their overzealousness for a subject, rob Peter to pay Paul, spending too much time in the service of their favorite, and too little on other subjects.

One outstanding cause of children's failure in school is the fact that to many of them school and school matters are merely side issues in life. First come other interests: sport, reading for pleasure, social life, movies, mechanical pursuits, and what not. In direct contrast to such a young person is the boy or girl who seems to have no reason for being, no aim in life, and no driving incentive. He may be classed as lazy, lacking in imagination, shiftless, hopeless even, by his despairing parents. I do not refer to the boy who plans not to go to college or who opposes his parents' plans by some counter plan, or to him who has not yet selected his future vocation, nor to the one who is merely in a state of adolescent unrest, but to him who has no wants whatever, no enthusiasms, ambitions or objectives, either for the immediate or for the remote future. Such boys or girls, happily few in number, should be referred to an expert.

Too often, it is the conflict of other wants and desires, rather than the lack of any one, which interferes with the adolescent's school achievements. It may be overstressed interest in the opposite sex, uncontrolled day-dreaming, too many outside companionships, misplaced "crushes," disappointments in early love affairs, or home restrictions.

And now, what should be done about it? It is easier to diagnose than to prescribe, and treatment does not necessarily imply cure. For who can tell whether talking the situation over with the children, a reward, a curtailment of privileges, an enlargement of responsibilities, will bring forth the best response from all children, or from the one child in separate and different situations? No two children are alike; no single child will behave exactly the same way twice for he is always a product of all of his previous experiences to

(*Turn to next page*)

What do you want Your Children *to Be?*

AMERICA has twenty million children between the ages of five and fifteen. But out of these twenty million, your two or three or four are the only ones who mean anything to you. The rest are just—children. Yet, twenty years from now they are going to mean a competition twenty million strong against your two or three or four.

Pretty big odds when you look at it that way. And wise parents are looking at it just that way, and are trying to give their children every help they can right now. And COMPTON'S PICTURED ENCYCLOPEDIA *for* CHILDREN is one of the most important helps they are giving them.

Compton's is a complete encyclopedia, written and pictured entirely for children, and made so interesting that it is eagerly sought. So that, when parents give Compton's to their children, they are giving them a complete, private source of knowledge on every subject, which will make them far better able to meet that terrific competition of twenty million in any field they choose twenty years from now.

That means forethought. That means looking ahead. That means giving those children right now, during the impressionable age, the information and inspiration they must have to win against that competition.

And already there are between six and eight hundred thousands of such intelligent, far-sighted parents. Because there are already over four hundred thousand sets of Compton's in American homes.

Of course these children with Compton's get better marks in school and acquire greater leadership amongst their playmates. Of course they have a vital advantage, because when you know more, you begin to do more and to amount to more.

If you are one of these wise, far-sighted parents, you should see a sample section of this remarkable encyclopedia for children right now. This coupon will bring it to you free, with full information as to how you can give your children these advantages for a first payment of only $3.50 down.

Here is the coupon. For your children's sake, mail it today.

Compton's Pictured Encyclopedia

F. E. COMPTON & CO., Dept. 10-35, Compton Bldg.
1000 N. Dearborn St., Chicago, Ill.

Gentlemen: Please send me at once, without obligation, your big free sample pictured section of Compton's Pictured Encyclopedia, together with your free Questionario Game.

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*City*_____ *State*_____

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A married woman's happiness

is sometimes wrecked on the shoals of family finance . . . . . .

Do you want to know how to help your husband save, and make his income go further, and get more enjoyment out of life for yourself and your family?

If so, study the Budget idea, and at least make a trial of the JOHN HANCOCK HOME BUDGET SHEET, which we will furnish you without cost.

If you try it one month it will help you, and we will give you additional sheets.

Use the Budget system and know where the money is to go.

INQUIRY BUREAU

John Hancock MUTUAL LIFE INSURANCE COMPANY
OF BOSTON, MASSACHUSETTS
197 Clarendon Street Boston, Mass.

Please send me the John Hancock Home Budget Sheet.

Name .....

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Sixty-seven years in business. Insurance in force, over Three Billion Dollars on over Four and One-Half Million Policyholders. If your policy bears the name John Hancock, it is as safe as any bond.

P. M.

Does Your Organization Need Money?

ANY amount can be raised easily by following the dignified and constructive plan offered by THE PARENTS' MAGAZINE.

For details write to

THE PARENTS' MAGAZINE
255 Fourth Ave. New York, N. Y.

THUMB SUCKING

Safety Thumb Guards will safely and quickly cure your child of this bad habit.

Guards ingeniously constructed of one piece of German Silver Wire. No ends to loosen, to injure the face or eyes.

Perfectly safe and sanitary.

Complete instructions with guard.

Patent Applied for

Price, $1.75 per pair, postage prepaid. State age of child when ordering guards. Satisfaction Guaranteed.

The Safety Thumb Guard Co., New Haven, Conn.

Does Your Child Enjoy His Piano Lesson?

The answer is probably "No." And the reason—the long monotonous hours of practice.

NAT D. KANE

HAS A NEW METHOD OF TEACHING PIANO
NO TEDIOUS EXERCISES—NO DRUDGERY

Give your child this new opportunity to think MUSIC, play MUSIC. Rapid progress.

Also courses for adults
Write or phone for appointment
INQUIRE ABOUT THE VISUOLA METHOD

Sherman Square Studios
160 West 73rd Street Endicott 8788

Why Children Fail at School

(*Continued from page* 49)

date, and these constantly changing products determine his behavior on the next occasion.

But at best, we can strike certain underlying principles which govern human action, and offer some suggestions which seem to have guidance value to the perplexed parent. First of all he should study the problem which the child presents, investigating carefully the educational and psychological sore spot to determine the trouble and wherever possible eradicate the cause. Better still, he can prevent the sore spot from developing and spreading by controlling the conditions which make its inception and spread impossible. He can, early and often, call in professional help to recognize significant symptoms of trouble which could be headed off before much damage is done, and for which, in the case of a well developed psychological malady, the expert is better equipped to prescribe than the loving but untutored parent. The latter can do his part in keeping up with the best literature of the day on child study. If the community lacks a child expert he may write for help to some intelligently conducted organization devoted to the discussion and study of the parent-child problem. Also he can keep up with the children themselves. Confer with them instead of "bossing" them. Treat them as social equals.

EVERY wise parent assumes as necessary to sound physical health certain fundamentals such as good food, clean homes, fresh air, exercise and rest. Let him also realize his contributions to the educational well-being of his children. He should provide the best possible working conditions for their home study which should include privacy and freedom from interruption; good lighting, heating and ventilation; suitable chair and desk and drawer equipment; sufficient reference books, encyclopedias, maps and the like. Teach the children how to budget their time for their various daily duties and activities and do not unnecessarily abuse the child's schedule by other demands on his time. Don't steal any of his school attendance from him by taking him on trips during the school year. Try as far as possible to let him assume responsibility for his own progress, but if for some good reasons, he can not "catch up," be ready to supply additional tutorial help. This should be extended only after conferring with the school. Be willing to modify your ambitions for your child if they are found to be too high, or too exciting for him to attain. Don't nag; don't brag. For neither nagging, nor bragging, nor dragging will pull him beyond his intellectual limits. Be ready to acknowledge these limits when you are confronted and restricted by them. But in acknowledging them, at the same time remember that within these limits your child can be helped to become a happy, active being, interested alike in his studies and his recreation.

HOME MOVIES

By Louis M. Bailey
Amateur Cinema League, Inc.

Indoors Filming

WINTER is not only the favorite season for home projection shows but also for the making of indoors films with artificial lights. What could be jollier on a cold or rainy day than to get out the movie camera, set up some of the small movie lighting equipment, and to spend a pleasant afternoon or evening making films of the family or, perhaps, "shooting" a little film story?

Any lens, of *f*:35 or faster will serve. The faster the lens, however, the less light needed. For lights you can secure compact incandescents or small arc lights specially designed for home use. With the incandescents, it is desirable to use the type of bulb known as T-20, which can be secured in various sizes, the most popular being the 500 or 1000-watt bulbs. With the arcs you can either employ ordinary carbons or the so-called "panchromatic carbons," for use with panchromatic film. This latter type of film, however, as contrasted with the ordinary or orthochromatic film, is essential with the incandescents. Then you should have an exposure meter at hand and test each shot. Even the most experienced amateurs find this an insurance against spoiled film. Finally, you can get the maximum efficiency from your lights, possibly adding a third to their effectiveness and thus reducing the amount needed, by the use of reflectors, such as white cardboard.

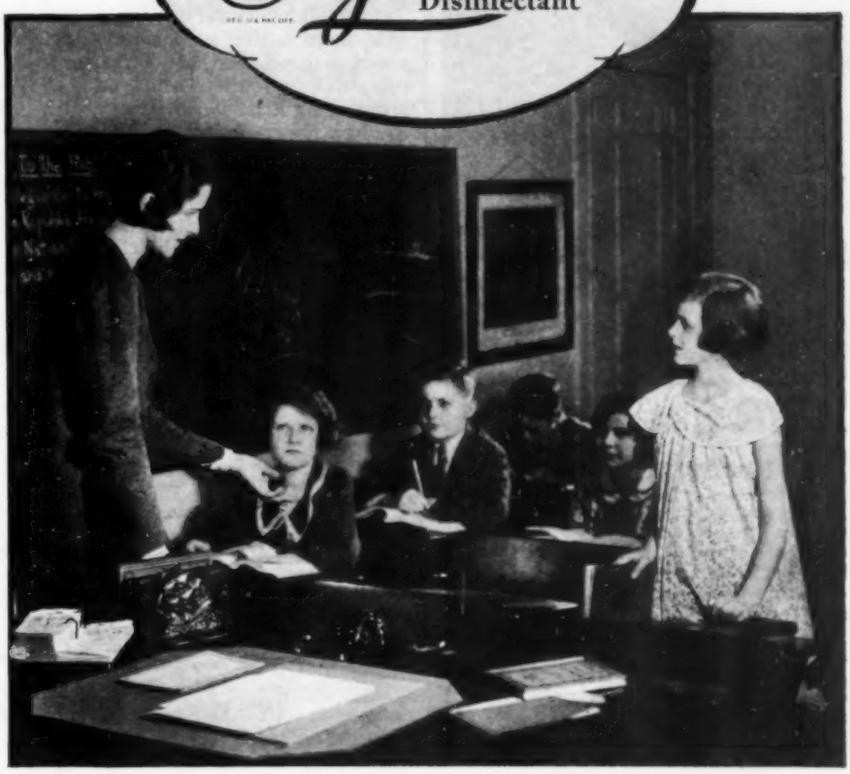
IT IS well to plan to film simple scenes and to work with the lights as close to the subject as possible because the larger the scene the further away the lights will have to be. In this connection it should be remembered that the light intensity varies inversely with the square of the distance between the light and the subject. This simply means that if a light is moved from four to eight feet from the subject, the light the subject will receive will be cut down so that it gets not one-half, but only one-fourth as much as before.

It is a general rule to use the largest aperture of the lens. Good close-ups and limited scenes can be secured at this opening of an *f*:3.5 lens with two or three 500-watt lamps or with one small arc. With a faster lens or more lights, greater areas can be included and soft lighting effects can be secured by using diffusing screens in front of the lights.

The other factor to keep in mind for variety is the *direction*. The chief directions used are front, back and side lightings, with all of their intermediate positions and combinations.

Further information will gladly be furnished readers of the Parents' Magazine *by this department.*

Lysol Disinfectant



"JOHNNY IS HOME SICK TODAY"

JOHNNY was coughing yesterday. How many of his schoolmates will catch the germs he spread? And is it a "cold" or the beginning of something worse?

That's what the teacher is wondering—and so will the mothers of the other little boys and girls who played with Johnny yesterday.

But wonder and worry do no good. What is there to *do* about it?

These dangerous months, teach your children not to get near youngsters who cough or sneeze or sniffle.

Find out whether their school is thoroughly disinfected with "Lysol" at the end of each day.

And do your share to keep germs from spreading—by using "Lysol" Disinfectant in the cleaning of your home. (A tablespoonful to each quart of water.)

Send the coupon for our free booklet, "Keeping Sickness Out."

7 MILLION GALLONS!

After 40 years, the weight of medical opinion is that nothing has been found to take the place of "Lysol"—and today the world uses over 7 million *gallons* a year for general disinfection and for feminine hygiene. It is so powerful that one drop, by laboratory test, will kill 200,000,000 typhoid germs in a quarter of a minute—or 125,000,000 of the B. staphylococcus p. aureus, the pus in boils, abscesses, etc., in the same time.

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Books for Boys and Girls

By ALICE DALGLIESH

Teacher of Story Telling for Children, Teachers College, Columbia University

ARE THERE NEW TRENDS IN LITERATURE FOR YOUNG CHILDREN? Within the last few months the newspapers have devoted a good deal of space to a discussion of this question and to the problem of a balanced literary diet for children under six.

One learns what books children enjoy and which books seem to have lasting value only through experimentation. All the books on the lists which follow have been tried with children—many of them through a period of six or seven years.

Most decidedly there are new trends in children's literature. We are living in a century of change, of wonderful inventions and of realism. This affects our adult literature and also our children's books. We realize that even young children want to know what is going on in the world around them. Our kindergarten children come to school with interesting pictures cut from the Sunday newspapers. One editorial critic accuses us of "forcing adult interests on children." Are they only "adult interests"? The critic should be with a group of eager, wide-awake five-year-olds when a great silver Zeppelin flies across the city and he should listen to their questions and comments.

Christopher Robin and two of his playmates from "The House at Pooh Corner," by A. A. Milne. Published by Dutton

The realization that even little children have a strong interest in transportation, in plants and animals, and in the doings of the world in general have begun to affect our literature. We are *not* discarding the old books. Mother Goose, the Three Bears, the Three Little Pigs, Peter Rabbit and others hold their accustomed place. In addition to these we welcome the advent of attractive little informational books which give children authentic information about things in which they are interested. These books are the little child's encyclopedia and we must be careful that they are used as such and do not take the place so long held by classic nursery tales. What we do wish to discard is the sentimental story "written down" to children and the somewhat silly tales in which there is much personification of animals, flowers and inanimate objects. Good talking animal stories are few and far between. The dozens of imitators of Peter Rabbit and Benjamin Bunny lack the charm and literary value of the original stories.

As for the other side of the question: Are we going to believe in fairies? A world without fairy-lore seems dull indeed. Machinery, airplanes and skyscrapers should never drive the fairies away. So many of us have a good time *pretending* to believe in fairies whether we do so or not. We would not miss the charm of Rose Fyleman's fairy poems nor miss meeting such delightful characters as Michael of Ireland and his fairy friends. Elaborate fairy tales such as those of Grimm and Andersen, should, however, be kept for the true "fairy tale" age and should not be part of the literary experience of children under seven.

We want for little children the best of books old and new. Picture books should reflect the period in which the child is living, though some of the old ones may be kept for their quaintness, charm and artistic merit.

For Children from 1 to 3 Years

We are often asked for books to be read to little children of this age. Children under three do not need many stories, they need picture books, and the adult who is using the books with them may supply a very simple narrative or description of the pictures. As little children love to turn pages, most of the books used at this age should be durable.

Linen and linenette picture books suitable for little children are published by *The Volland Company,* and by *Samuel Gabriel and Sons.*

Others with considerable artistic value may be obtained from Educational Playthings, Inc., New York City.

Attractive Dutch rag books picturing the activities of small children are carried by B. Westerman, 13 West 46th Street, New York City.

A few less durable books may be used under adult supervision. Two little books published in Vienna are charming and quite unusual. PETER'S WHOLE DAY follows the activities of a little boy through the day. HANS GROWS BIGGER shows incidents in Hans' life from the time he is a baby until he enters school. (These books are obtainable at Westerman's. 50 cents each.)

Mother Goose must not be forgotten. THE REAL MOTHER GOOSE, published by *Rand, McNally* and sold for $1.75, seems most suitable for a first book because of its large pictures and clear color.

For Children from 3 to 4 Years

There are many books for this age—all of those on the previous list are also suitable for the three-to-four-year-old, as are some of the simpler books on the list which follows.

For Children from 4 to 6 Years

Fanciful stories such as:

THE THREE BEARS and THE THREE PIGS, illustrated by Leslie Brooke. *Warne.* $.75 each.

CHIMNEY CORNER STORIES, by Veronica Hutchinson. *Minton Balch.* $2.50. OR OLD, OLD TALES RETOLD. *Volland.* $3.50.

LITTLE BLACK SAMBO, by Helen Bannerman. *Stokes.* $.75.

PETER RABBIT, by Beatrix Potter. *Warne.* $.75.

BENJAMIN BUNNY, by Beatrix Potter. *Warne.* $.75.

POPPY SEED CAKES, by Margery Clark. *Doubleday, Doran.* $2.00.

MILLIONS OF CATS, by Wanda Gag. *Coward McCann.* $1.25.

SNIPP SNAPP SNURT (Swedish), obtainable from *Educational Playthings, Inc.,* 20 E. 69th Street. $.25.

Realistic stories such as:

The Viennese picture books mentioned above.

THE TWINS AND TABIFFA, by Constance Heward. *Macrae Smith.* $1.50.

THE PONY TREE (partly realistic), by Charlotte Brate. *Stokes.* $1.00.

CHARLIE AND HIS PUPPY BINGO, by Helen Hill and Violet Maxwell. *Macmillan.* $1.25.

PELLE'S NEW SUIT, by Elsa Beskow. *Harpers.* $1.25.

Informational Books, such as:

THE SOCIAL SCIENCE READERS (AIRPLANE, BOAT, TRAIN, POSTMAN, FIREMAN, etc.), by Helen Read, edited by Mary Reed and Patty S. Hill. *Scribners.* 65 cents each.

THE NEW HAPPY HOUR SERIES (ENGINEER, FIREMAN, etc.). *Macmillan.* 50 cents each.

TODAY'S A. B. C. BOOK, by Elizabeth King. *McBride.* $1.50.

Rhymes and Jingles, such as:

RING O' ROSES (Mother Goose). Illustrated by Leslie Brooke. *Warne.* $3.00.

A CHILD'S GARDEN OF VERSES, by Robert Louis Stevenson. *Macmillan.* $1.00.

WHEN WE WERE VERY YOUNG, by A. A. Milne. *Dutton.* $2.50.

SUGAR AND SPICE (collection), by Mary Tileston. *Little Brown.* $2.50.

CHIMNEY CORNER POEMS (good collection, poor illustrations). By Veronica Hutchinson. *Minton Balch.* $2.50.

And there should be picture books—more than we have space to mention. Many beautiful German, Swedish and Dutch picture books are now obtainable.

This page can give only a few suggestions. A much more detailed list is:

A SELECTIVE LIST OF BOOKS FOR YOUNG CHILDREN, by Alice Dalgliesh. *Published by Educational Playthings, Inc.,* 20 East 69th St., New York. $.35.

The Index to Volume IV of THE PARENTS' MAGAZINE *is now ready for distribution and will be sent free upon request.*

HAPPY ***are the children who listen to My*** **BOOKHOUSE STORYTIME!**

What fun it is to gather around the radio in the late afternoon and hear the BOOKHOUSE Storyman read wonderful stories! . . . Stories that suit the tastes of children of all ages, from the tiny toddlers to their older brothers and sisters. And such good stories, that are sheer fun and yet have sound character-building value.

These stories are now coming over the air from a great many stations—the Columbia Chain—every Monday, Wednesday and Friday afternoon. (Look for your station at the right.) There are surprises, too, from time to time—but we mustn't give these away!

The BOOKHOUSE Storyman has a delightful way of reading these stories. Children love to read with him from the volumes of *My* BOOKHOUSE (those happy children who have *My* BOOKHOUSE) and this teaches them a great deal about good reading and self-expression.

We recommend to all mothers to urge their children to tune in on *My* BOOKHOUSE Storytime.

Announcing *My* BOOKHOUSE Storytime

a new Children's Radio Program over the Columbia Chain Network

***My* BOOKHOUSE Storytime, the new children's radio program of fun and good stories, is now on the air over the Columbia Chain Network. Children (and parents, too) who have been hearing these programs over WMAQ in Chicago and WABC in New York, have been so enthusiastic that we have decided to let more children hear them. You may hear them every Monday, Wednesday and Friday afternoon, as follows:**

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(EASTERN TIME)

Akron . . .	WADC
Baltimore . .	WCAO
Boston . . .	WNAC
Buffalo . . .	WMAK
Cincinnati . .	WKRC
Cleveland . . .	WHK
Detroit . . .	WGHP
New York City	WABC
Oil City, Pa. .	WLBW
Philadelphia .	WCAU
Pittsburgh . .	WJAS
Providence .	WEAN
Syracuse . .	WFBL
Toledo . . .	WSPD
Washington, D.C.	WMAL
Toronto, Canada	CKGW

(5:45 every afternoon except Saturday and Sunday)

At 4:45 P. M.
(CENTRAL TIME)

Chicago . . .	WMAQ
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Kansas City . .	KMBC
Minneapolis .	WCCO
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....*Decorating Halls & Booths*	....*Crepe Paper Curtains (Free)*
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Books for Parents

The Psychology of Religious Awakening, by Elmer T. Clark. *Macmillan* $2.50.

Within evangelical Christian circles the phenomena of conversion and religious awakening have received a vast deal of attention. Studies published by Starbuck in 1897 to 1899 and by Coe in 1900 established the fact that such young people of that day as had been through any extreme emotional crisis had met with it during adolescence, usually at about the age of 16 or 18 for boys and 12 or 18 for girls. "Spontaneous awakenings" occurred at about the same ages.

Dr. Clark's data represent that state of affairs some thirty years later. Basing his findings on data received from over two thousand young people scattered through sixty schools and colleges, he concludes that "conversion" experiences of the more intense variety occur in less than 7% of modern youth. Of these, the girls appear to be influenced at about the same age as thirty years ago, but the critical experiences of the boys seem to come somewhat earlier than was indicated in Starbuck's study.

About half of Clark's cases reported datable "spontaneous awakenings," and, in the case of girls, 12 seems, as before, to be the age of most frequent occurrence. For boys, however, there is a decided tendency for such awakenings to come at 12 also—some four years earlier than the most common age of thirty years ago. "The process," says Dr. Clark, speaking of both sexes, "seems to complete itself at 12 if no obstructions are encountered and the unfolding is allowed to proceed normally. But if the process is interrupted, the religious demands resisted, or impediments presented which prevent the assumption of the religious attitude at this time, then the experience is deferred for nearly five years and requires an emotional disturbance to overcome the obstructions which have grown more formidable with the lapse of time. The problem for religious education seems to consist in so guiding persons at the beginning of adolescence that the impediments to the religious life may be avoided and the religious attitude clearly assumed. . . ."

Dr. Clark notes that the older type of theological training had virtually disappeared among the cases studied. The causes of religious awakening among these young people, who have been exposed to more modern methods of religious education and who seem to have come more gradually and naturally to a sense of personal religion than their immediate forebears, are studied in great detail and with illuminating conclusions. *Reviewed by Hugh Hartshorne, Teachers College, Columbia University.*

Reconstructing Behavior in Youth, a Study of Problem Children in Foster Families, by William Healy, Augusta F. Bronner, Edith H. M. Baylor and J. Prentice Murphy. *Knopf.* $3.25.

Here is one of those rare books that are of absorbing interest both to the layman and to the specialist in the field. The four well-known collaborators, psychiatrist, psychologist, and social workers, have fitted together a balanced and unified picture of the problem child who has had to be taken out of his old environment in order through re-education, to gain control of himself and become a well adjusted member of society. An evaluation of the results of such placing of 501 problem children through a period of eleven years, shows an outcome hopeful in the extreme.

In the first place, the authors have demonstrated the value of the carefully chosen and supervised foster home, as against institutional care for the normal young person, even where the delinquency has been severe and repeated. Under foster home care 85% of all normal delinquents have ceased to be delinquent. Only about 40% of offenders of abnormal mentality or personality were successes.

In the second place, the interesting fact is found, "incidentally disclosed by the study, that the love of children is so deeply ingrained in most people that good homes and patient care can be found for almost any child, no matter what his personality or what offenses have been committed."

Treatment discards generalizations and gives in detail actual methods. Illuminating points of view are taken from the various modern psychologies.

Of the greatest value to the layman ignorant of child-placing, to courts and to all social agencies, should be the chapters stressing the care with which the foster home is chosen and supervised, and the skill in making contacts with parent, child and foster parents. For the individual who believes that any good home is good for any child, case after case here quoted will be "eye-openers."

There is not an uninteresting page. There is not an unnecessary sentence. *Reviewed by Blanche C. Weill.*

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Our librarian will be glad to order and mail to you any book published in the United States. Checks or money orders to cover the regular retail price must accompany orders. The books will be mailed postpaid to any address in the United States or Canada. If the price of the book is unknown, send $3.00 *and we will remit the change. If* $3.00 *is not sufficient, we will advise you. Address Librarian,* THE PARENTS' MAGAZINE, *255 Fourth Ave., New York, N. Y.*

The Psychology of Adolescence, by Fowler D. Brooks, Associate Professor of Education, Johns Hopkins University. *Houghton, Mifflin.* $3.00.

Dr. Brooks has here made the first thoroughgoing summary of the factual material on adolescence. It is dispassionate, well-arranged, exhaustive. Its proper use is as the foundation text for prospective high school teachers, but parents of pre-adolescent children who wish to be informed in time concerning the normal and variant phenomena of youth that they may forestall misunderstandings and recognize aberrancies before they become chronic, could find no better book from which to obtain the data now available concerning the physical, mental, scholastic, social, ethical and religious development of boys and girls into and through the teens.

The arrangement of the material in each chapter is textbook-like; the main divisions have numbered headings, and subdivisions are titled by heavy type. The bibliography is extensive, and, fortunately, more useful references are indicated by starring. Questions for discussion open up topics for which as yet data are incomplete or inconclusive. Graphs and tables and annotated footnotes reveal the precision of scholarly research undertaken for the book's making.

The notable difference in viewpoint is that it looks at the adolescent from the outside and objectively. It does not picture how the youth and maiden envisage themselves in a world more or less hostile, as growing individuals more or less in conflict with family, vocation, even adulthood. The book is thus to be commended to adults who would escape mawkishness and who would strive for such sane sympathy as comes from broad knowledge rather than the sentimental outlook growing from narrow or vivid romancing.

Old Patchwork Quilts and the Women Who Made Them, by Ruth E. Finley. *Lippincott.* $5.00.

Women everywhere will be fascinated by this book. A frontispiece in color, ninety-six illustrations and one hundred diagrams are accompanied by complete directions for quilting and making both pieced and appliqued quilts. Besides being a practical handbook both for the woman who wants to revive this fascinating colonial folk art and for the person who wishes to study antiques, this volume is also a record of the life, the longings, the times of the women who lived in the early days of this country's making. Even politics and pioneering were reflected in quilt-making by such names for patterns as "The Whig Rose," "Tippicanoe and Tyler Too," and "The Road to California." The book has the flavor of a historical novel—told in patchwork.

Mother and Son, by Kathleen Norris. *Dutton.* $1.00.

In this little group of essays the author presents the fine and ever growing relationship possible between mother and son. Mrs. Norris writes out of her sympathetic understanding as a mother and a human being.

Noteworthy Books for Parents

YOUR GROWING CHILD

By H. Addington Bruce

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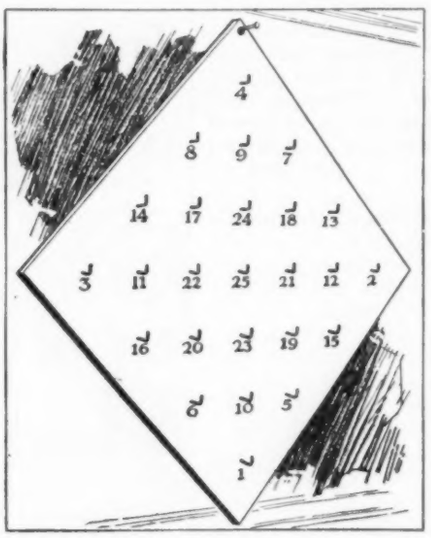
Family Fun

Things for Parents and Children to Do Together

A GAME THAT FURNISHES AMUSEMENT FOR ALL THE MEMBERS OF THE FAMILY IS JAR-RING TOSS. I have never seen a manufactured game, nor do I know where the game originated, but it furnishes family fun for practically all the families in our neighborhood.

The game, which the children in the various families have made, consists of a board on which curtain hooks are screwed in, each hook representing a certain number of points with the bull's-eye or center hook counting twenty-five. The rings which are tossed are ordinary rubber jar rings, such as one uses in canning fruit. There are a dozen of these rings and twenty-five hooks. Each hook has a number pasted or painted beneath it to show its score. Large calendar numbers serve nicely. Make the boards a yard square. Arrange the hooks in rows four inches apart each way, as illustrated, and six inches from the edge on each side.



Home-made Board for Jar-ring Toss

To play the game, set or hang the board up so that the center hook is about shoulder height for the players. Take a stand about ten feet from the board. Let each player thrown in turn, trying to hook his twelve rings over the hooks. Each ring that hangs on a hook counts the number of points which the hook represents. The player having the highest total score when all the rings have been thrown five or more times wins the game. This game is excellent training in muscle control and co-ordination of hand and eye.—*Mrs. L. A. W., Alexandria, Missouri.*

WHAT A LOT OF FUN A FAMILY CAN HAVE BY CUTTING OUT SILHOUETTES. After the simpler forms of animals, there are portraits, scenes, illustrations for books or stories, or incidents which took place in the experience of the family. A horizon seen from one of the windows makes a subject for silhouette cutting. Of course, the best pictures should be mounted and hung on the playroom wall, as a reminder of the fun! Black paper may be purchased for use; or colored papers, or even gold. It is a good idea to evolve something in the way of silhouette designs for the various holidays, to send to friends.

Until the young children are handy with the scissors, they may practice on the circle; then the snail, then simple animal forms, for part of the art consists in being handy with the scissors. It is sometimes the young child of five who can take a piece of paper and scissors and in no time have cut something out, very effective and right. In the family circle, an assigned subject, like an animal, with a picture of one placed where it may be seen, is a good way to begin. More difficult pictures may follow as the players become more adept. After a while family portraits may be cut out, and later all sorts of familiar and imagined subjects. This makes a delightful occupation for a party or for a rainy evening, when games do not furnish the needed amusement.—*A. B., New York.*

TO INVENT THINGS TO DO TOGETHER ON STORMY SUNDAY AFTERNOONS when the children are sixteen, eleven and seven years of age is not always easy, but we have a great deal of profitable amusement playing Bible games, even the youngest one recognizing the most familiar characters. Here are a few of the games:

(1) One person leaves the room. Those remaining decide on the character the other ones are to guess. He may ask any question he wishes that can be answered by "Yes" or "No." The one whose answer gives the key to the correct answer is "It."

(2) One person says, "I am thinking of a Bible character." The rest ask questions which can be answered by "Yes" or "No," until it is correctly guessed, when the one giving the right answer is "It."

(3) Someone jumbles up the letters in a list of Bible characters, giving each one a written list. The player first solving the puzzle wins.

(4) Bible charades. Divide players into two groups and take turns acting out scenes which the others guess.—*M. B. C., Marquette, Mich.*

Tell us how your family has fun together. We will pay $1 for each contribution published. Address Managing Editor, THE PARENTS' MAGAZINE, *255 Fourth Avenue, New York, N. Y.*

Motion Pictures

(*Continued from page 25*)

SO LONG LETTY, with Charlotte Greenwood (*Warner*)—This production is a broad farce with interpolated songs, based on the theme of two husbands who decide to exchange wives. The wives in turn connive to teach them a lesson and convince them that they are, after all, more suited to their legal mates. Charlotte Greenwood's comedy is hilarious and the humor is typical of the theme, which is not in the best taste for children's entertainment. All talking. (U) *For A:* Good for those who like this kind. *For Y:* Hardly suitable. *For C:* Not advised.

SO THIS IS COLLEGE, with Elliott Nugent (*M-G-M*)—Still another burlesque college—all social stunts and football—but more human qualities than usual and a rather original ending make it above average. All talking. (E) *For A:* Fair of its kind. *For Y:* Fairly good. *For C:* Harmless.

SOUTH SEA ROSE, with Lenore Ulric and Charles Bickford (*Fox*)—Fantastic melodrama built up to present the star's special type of appeal. It will not greatly interest critical audiences. (U) *For A:* Hardly. *For Y:* Unwholesome. *For C:* No.

TANNED LEGS, with June Clyde and Arthur Lake (*RKO*)—Cheap, unwholesome story of a family of philanderers—father, mother and two daughters—which preaches that young people know how to take care of themselves in love-affairs but their elders do not. All talking. (E) *For A:* Cheap. *For Y:* Unwholesome. *For C:* No.

UNTAMED, with Joan Crawford (*M-G-M*)—In spite of many merits—good acting and voices, fast-moving action, rather original though improbable story, and some real novelty—this film is as pernicious as its notorious predecessors, "Our Dancing Daughters" and "Modern Maidens." It exploits and glorifies defiance of convention, wholesale drinking shown constantly as a social blessing; the star's sex appeal is skilfully played up throughout, and the prizefight staged in a drawing room by two guests of the evening party will make a rare morsel for foreign countries in building their opinion of American ways. All talking. (E) *For A:* Would be well to see it. *For Y and C:* No.

THE VAGABOND LOVER, with Rudy Vallee (*RKO*)—Feeble stuff, largely hokum, concocted merely to capitalize on the popularity of the much press-agented jazz band leader—who amuses many with his sentimental songs but is a pitifully poor actor. Marie Dressler's comedy work is the only element of interest. All talking. (E) *For A:* Mediocre. *For Y:* Perhaps. *For C:* Harmless.

THE TRESPASSER, with Gloria Swanson (*U.A.*)—Distinctly the best work Gloria Swanson has ever done. Notably well-acted, well-directed story, quite human, typical and convincing, of mother-love rising superior to misfortunes. Trite but true experiences of a girl who married out of her social class and suffered the common consequences. Gloria's much praised "voice" is much less impressive than her acting of the mother role. All talking. (E) *For A:* Very good. *For Y:* Very good unless too sophisticated. *For C:* Beyond them.

UNHOLY NIGHT, with Roland Young (*M-G-M*)—An elaborate and very effective murder-mystery-thriller, splendidly acted, spoken, directed and staged. It discards most of the stock scare devices, gets its effects largely from the characters and their situations, failing only in being over-complex and confusing in spots. Also a bit overloaded with murders—by Ben Hecht. Roland Young fine. All talking. (E) *For A:* Very good of its kind. *For Y:* Thrilling. *For C:* Too strong.

VENUS, with Constance Talmadge (*U.A.*)—Cheap, far-fetched stuff, made abroad, and the poorest Constance Talmadge picture to date. Supposed to be her last. Silent. (E) *For A:* Worthless. *For Y:* Unwholesome. *For C:* No.

THE VIKING, with Pauline Starke (*M-G-M*)—Historical material — interwoven unskilfully with a complex love story—but the historical value and charm are there—and the whole films in beautiful technicolor. Silent. (E) *For A:* Worth seeing. *For Y:* Notable. *For C:* Excellent.

WOMAN TO WOMAN, with Betty Compson (*Tiffany*)—Playing up Parisian cabaret dancer's mother-love for her illegitimate child. Father loses memory and marries another—wife is made thoroughly repellent, mistress thoroughly sympathetic. "Women will eat it up," says the industry's publicity. All talking. (E) *For A:* Might be well to see it. *For Y and C:* No.

YOUNG NOWHERES, with Richard Barthelmess (*First National*)—Delicate, charming picture of two humble lovers pitifully hampered by complex city life, finely done by Barthelmess and Marian Nixon. Sincere love-story, free from suggestiveness or cheap gesture—too good to be appreciated by the general public. The drinking by the wealthy rounder at the start is quite harmless. All talking. (E) *For A:* Good. *For Y:* Very good. *For C:* Rather beyond them.

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Furnishing the Whole-Family House

(*Continued from page 23*)

But fittings for the feminine closet are the most complete and the most varied of all, for the thoughtful housekeeper feels that her closets must live up to her clothes, and that in their idle moments her clothes deserve good care. Boxes and cabinets covered in waterproof fabrics, in shellacked paper or glazed chintzes are easily kept fresh and so may be purchased in the delicate pastel shades which harmonize with the colors used in the bedroom. Delicate designs of floral sprays or star-shot backgrounds are appropriate against the setting of a feminine bedroom. For the shelf, there are suit boxes for garments not in constant use, and matching hat-boxes which have a drop-front which facilitates the removal of a hat. Hat stands, toe-pads for shoes, and dress hangers in chintz, velvet, taffeta or painted wood must match the color of the closet ensemble.

Another popular group of accessories which must also carry the key color of the entire closet, is a shoe bag for the inside of the closet door, with compartments for several pairs of shoes; a laundry bag, and a dress bag with zipper fastening which will accommodate eight dresses. Evening clothes, or clothing worn during the past season and not in use at the moment, are usually kept in this bag, while individual dress bags of chintz, or a semi-transparent dust-proof cloth, are used for the dresses which are worn frequently. Cabinets of shoe compartments and stocking drawers are popular. Those for shoes alone are also available and with them are used stocking boxes covered in shellacked paper or glazed chintz, or velvet, which fit into the bureau drawer. Nests of boxes, to match the closet cabinets and ensembles, are used to keep bureau drawers in order—one for handkerchiefs, another for gloves and so forth.

CHINTZ is popularly used throughout a closet and a popular design is a yellow star on a green ground. Another is a small white sprig of flowers and ferns on a ground of delft blue. Still another is a clover design of several colors, red among them, on a black ground, and a close repeat of a deep-colored berry on a green ground is also popular. Shelvings are made to match all of these chintzes, as well as the covered hangers, toe-pads, hat-stands, cabinets and boxes, and garment bags. Pleated chintz shelving is popular and so is the double, two-tone effect in scalloped shelving. Waterproof shelving, to match coverings of some of the cabinets and boxes, is practical and comes in good colors.

Beside individual closets there is the linen closet which should be kept scrupulously clean and orderly and well supplied to meet daily and emergency needs as well. For the average family, father, mother and two children, the linen closet should contain the following supply of bed linens:

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(1) The Master bedroom: two mattress covers, two mattress pads, eight sheets (90x108) and eight pillow cases.

(2) For the Guest room: one mattress cover, one mattress pad, six sheets (72x108), six pillow cases and a pair of *linen* sheets and a pair of *linen* cases.

(3) For the children's room: (single beds in each) four mattress covers, four mattress pads, sixteen sheets, (72 x108) and eight pillow cases. Three dresser scarfs and three chifferobe scarfs.

Colored sheets may be used in the master bedroom and the guest room, but not advisedly in the children's rooms. White sheets with colored hems are more popular now than the solid colored sheet, and with these, matching colored mattress covers and pads are used, as well as blankets and comfortables and spreads in harmonious tones. A half dozen solid colored sheets might be included in the closet for use over the blanket, to protect it and to make the spread lie smoothly.

Though linen sheets are not in everyday use in any but wealthy homes, a fine sheet which approaches it in texture is the percale sheet which is coming more and more into general favor because it retains its freshness longer than a real linen sheet and at the same time has a softness and luxurious texture which is very desirable.

In planning the above linen stock for the bedrooms, it has been assumed that in the master bedroom and in the guest room vanity table, dresser and so forth will be glass covered, so that no scarfs have been included as has been done for the children's rooms.

AN attractive use of color in the bathroom is for each member of the family to use a particular color, the color group chosen with regard for its harmony as a whole. For example, father may use green linens, mother lavender, daughter peach, and son yellow. White towels with colored chenille hems will be found to be the most practical choice for bath towels and chenille cloths with white centers and colored hems will match. Chenille bath mats in two tones of the chosen color are made for these sets, so that the colors will be exact throughout. The small, square shower mat, often preferred by the men of the family, is also available to match. Some bath towels in solid color may be included if desired. Face towels of mummy linen, damask or huck may be used in all white, initialed, or with hems of color to match the bath sets. Bath sheets, those over-size towels in which one may wrap up so luxuriously, may be included and are available in all-white toweling or in colored chenille.

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Things *for* Children to *Do and* to *Make*

Edited by the Playground and Recreation Association of America

WHEN UNFAVORABLE WEATHER PREVENTS CHILDREN FROM PLAYING OUT OF DOORS, a playhouse built in the corner of a room will give them many happy hours. Small children always love a retreat into which they can crawl. They are sure to devise dozens of imaginative games to be staged inside and outside the little house.

Father or an older boy can build the house at small expense from cardboard tacked to a wooden frame. Beaver board may be used, or discarded cartons may be torn apart, the unmarked surface being turned to the outside. The framework, which is illustrated in the diagram, is made of 1" x 2" planed lumber. White pine is preferable, as it is easy to work with and reasonably free from splinters. The house shown in the picture is about three feet square and was built adjacent to a doorway, so that small nails could be driven in the side of the casing at points *a*, *b*, and *c* without marring the woodwork. This gives stability to the playhouse and is all that is necessary to hold it in place.

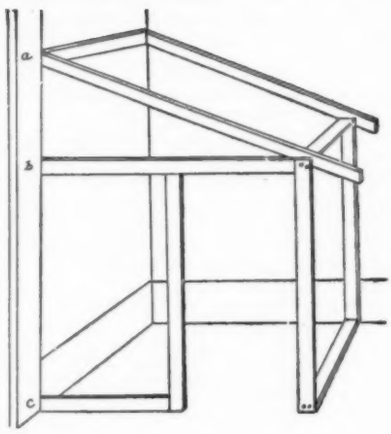
The cardboards for the sides are shaped and the windows cut before they are tacked on the frame. Narrow strips of wood, about three-quarters of an inch wide, improve the appearance of the windows. A few tacks will hold these in place. The door is hinged with a strip of muslin and paneling is drawn on the outside with pencil or dark crayon. The roof can be made of one piece or several. The chimney, the crowning touch, is a small carton cut down to fit the slope of the roof.—*S. W. F., Arendtsville, Pa.*

CREATING GAY PICTURES THROUGH WHICH THE SUN WILL SHINE is a delightful pastime which offers limitless opportunities for the artistic instinct.

The materials needed are a pencil, scissors, black paint or India ink, heavy paper, paste, and sheets of different colored tissue paper. The directions are as follows:

(1) Cut a ten-inch square from heavy paper, and mark it off into one-inch squares. These are guides to aid in drawing the picture and getting it in proportion.

Every man's house is his castle, and no man is too small to enjoy the feeling of having one that is his very own



(2) With a compass or a plate that is even all around, draw a circle evenly placed in the large square and touching the outer lines.

(3) Inside this double circle draw the picture or design. There are different ways of planning the picture. Boys and girls who draw well can block in free-hand such pictures as a boat on the waves, a village scene, a bird, a bouquet of flowers or a beautifully shaped tree. Those who cannot draw so well may plan designs in the squares and draw these with the aid of a compass and ruler. Or they may trace over a favorite picture with tissue paper, cut out the tracing, place

How Does Your Child Talk?

When Johnnie says, "ngke," for "I see," holding his nostrils may result in his emitting the correct "s" sound. But what works in Johnnie's case may not help Bobbie at all for in the correction of speech defects every case is individual and deserves individual treatment. In "How Does Your Child Talk?" an interview with Mrs. Steel, instructor in Defects of Speech at the Graduate School of Medicine of the University of Pennsylvania, correction of speech defects in children is urged at the earliest discernible moment. Defective speech is defined and corrective methods suggested in this helpful article, appearing in HYGEIA for February.

HYGEIA

The Health Magazine For All the Family!

Is there a member in your family who wants to reduce? If so, they will hail the knowledge that now SAFE reducing is a relatively simple matter. Your caloric intake is the thing to watch.

"Reducing Diets" appearing in February HYGEIA contains an extensive list of suggested foods for reducing diets, with the number of calories per average serving. Recipes for seven attractive reducing menus having a caloric range of from 1076 to 1504, are included.

It's fascinating—checking up on your own and your family's calories for the day and swapping, if necessary, a fattening food for one of lower caloric value! Don't miss "Reducing Diets" in HYGEIA for February! This issue of HYGEIA, the Health Magazine for all the family, also contains:

"LYING LABELS," an account of some results from the food and drugs act.

"CANCER OF THE MOUTH," first of a series on cancer.

"THE TRIAL OF JOHNNY JONES," a health play for children.

"MENTAL HEALTH OF CHILDREN," "WHAT A MOTHER SHOULD KNOW ABOUT HER CHILD'S TEETH," "HEALTH AND THE SCHOOL," editorials, etc. February HYGEIA is a typical issue; a wealth of sane, helpful health knowledge dispensed by leading authorities. HYGEIA regularly sells for $3 a year. Subscribe now at the—

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it on the squares inside the circle and draw around it.

(4) When the picture is drawn, fill in the design or objects with black paint or India ink. Also fill in the circle.

(5) When the ink is dry, cut out the white paper which shows. This leaves the black design and the black circle.

(6) Paste colored tissue paper behind the circle and design, to replace the white background which has been cut out. Different colors may be used for different parts of the picture. Press the picture under a heavy book then hang it in the window by means of a string attached to the circle with adhesive tape.

Another way of building these pictures is to cut the figures from thin black cardboard and paste them on the white square. Some boys and girls may like a square picture. In that case, make a double line on the outside of the square foundation, and paint it black.

Making the window pictures for the various holidays and seasons of the year adds to the interest. Lincoln's and Washington's birthdays call for log cabins, cherry trees, flags, and the scene of the famous Delaware Crossing, as well as silhouettes of the two great men.—*M. L. H., Dorchester, Mass.*

HEART HUNT. Hide all about the room little red heart cut-outs, each bearing one of the letters which go to spell the word "valentine." There should be enough of these hearts to make it possible for each person in the game to find nine. The hunt begins at a given signal. As soon as any player has found nine hearts, he stops hunting and begins exchanging the hearts he does not need to spell the word "valentine," for other letters which are missing. The first to complete the word may be declared the winner. Or, the game may be conducted as a contest between two chosen sides. As soon as a player completes a word he takes his place on his side. The side having the most words completed in a given time, wins the game.—*A. C. H., York, Pennsylvania.*

NOVEL HEART RACE.—The contestants form two lines, equal in number, facing each other. They should be separated by a considerable distance. Midway between the lines of racers a goal line is marked. Each racer is given two red paper hearts large enough to place both feet upon. When the signal to begin is given, the first racer in each line lays down one of the hearts, places both feet upon it, and lays the other heart ahead of him. Then, each steps to this heart, picking up the other. Thus they proceed toward their goal. If a player steps off a heart during his progress, he must go back to the starting point and begin all over again. As soon as either of the racers reaches the goal, he turns at once and retraces his steps in the same way. When he gets back to his line, he touches the one next to him as a signal to start. This player proceeds in like manner. The race goes on until one side or the other succeeds in getting all of its members back to the starting point. This side is the winner.

Build Character with PAN-AMERICANS in a Band

YOUR boy or girl, playing in a band or orchestra, develops musical talent, plus qualities of mind and character that make for true manhood and womanhood. Leading educators agree on this—witness the rapid spread of school bands.

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EVERY CHILD'S COURSE AT HOME is conducted through pictures and a series of delightfully informing letters written to children. It is under the personal supervision of Mrs. Guthrie, the organizer and director of **MRS. GUTHRIE'S JUNIOR GROUPS FOR INSTRUCTED VISITS to THE METROPOLITAN MUSEUM of ART**, whose work in this field, and as a member of the staffs of internationally known schools, has brought her into contact with children in various parts of the world.

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MOTHER GOES SHOPPING

New Things for Children and Devices that make Home Management Easier

By MRS. MARTHA SAGE

THIS Department has just been started for the convenience of our readers. We feel that it will be a help each month in buying new and useful things for children, for the nursery and for the home. Every single object is inspected by me personally before being illustrated.

GEOGRAPHY becomes fun with this latest development in creative education; climatic, geological areas, any boundaries illustrated singly or in combination by pupil or teacher. Made like a basket-ball; inflates; paint, chalk or finger prints wipe off. Collapsible; lasts indefinitely. Weighs less than 1 lb., diam. 14". Complete with base, permanent box and chalks, $7.50 postpaid USA. 6 special tubes color, $2. *Order from Garrigue Globe Corp., 49 West 3rd Street, New York.*

THE little tot who owns one of these darling ensembles will long for a rainy day. Waterproof hat, coat, and umbrella of rubber. Light in weight, well made. Comes in green or blue patterned fabric. Sizes up to four years. Price $5.75, complete for all 3 pieces, postpaid USA. *Order from Best & Company, 5th Avenue at 35th Street, New York. Attention Mr. Smallbach.*

WHAT could be cuter for the nursery or for the housewife who takes pride in styling her kitchen than this quaint imported Frying Pan Clock of black iron with hands made from a knife and fork? It keeps accurate time; attracts attention wherever seen, and hangs from a hole in the handle. Height 17" over-all; price $7.50, express collect. *Order from Mitteldorfer Straus Inc., 245 5th Avenue, New York. Att. Mr. Kessler.*

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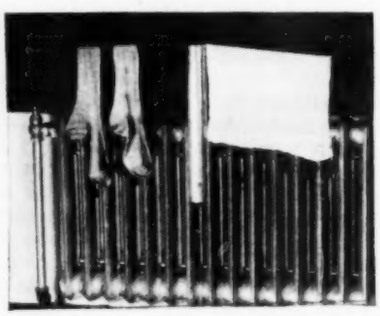


THIS useful unit is the "Radirack." It clamps in a jiffy to any radiator; height adjustable for different things. Ideal for drying baby clothes, lingerie, stockings, handkerchiefs, etc. Rustproof; lasts indefinitely; folds up in small space when not in use. A boon to travelers, and to every housewife during indoor winter months. Price $1.50, delivered 100 miles of New York. 15c extra postage elsewhere. *Order from Lewis & Conger, 6th Avenue at 45th Street, New York. Attention Mr. R. V. Lewis.*

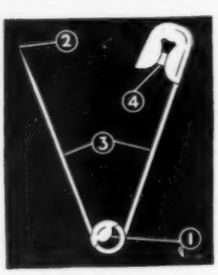
(Continued on next page)

HOW TO ADOPT A CHILD

A pamphlet, containing also a list of reliable agencies through which children may be adopted. Price 25c.

THE PARENTS' MAGAZINE

255 Fourth Avenue New York, N. Y.



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J. & J. Cash, Inc.
140th St., So. Norwalk, Conn., or 8413 So. Gramercy Pl., Los Angeles, Cal., or 110 Gray St., Belleville, Ont.

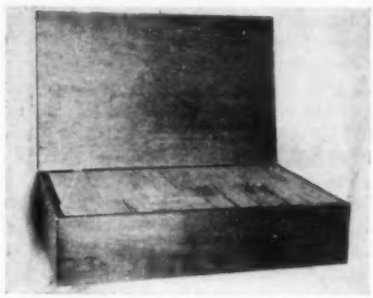
Does Your Child Kick Off Covers?

If he does, you will be glad to know about the Thexton "Sleepy Bag." It's an entirely different kind of sleeping bag that (1) does not restrict the child in any way, and (2) does not get wetted. Designed by a mother for her own children, it is enthusiastically endorsed by doctors. Its ingenious construction even lets baby put his hands over his head (the most healthful sleeping position), but he still cannot bare a single square inch of his body, arms or legs, to dangerous chilly breezes. Not yet on sale in stores. Write for descriptive folder to the **THEXTON CO., 410 E. McMillan St., Cincinnati, Ohio.**

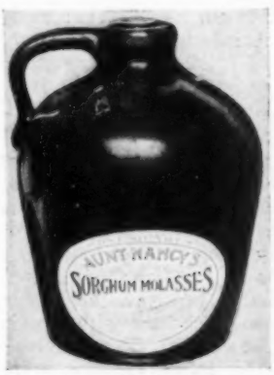
Infants' Shops and Depts.: Write for information. Our representative may not reach you before the end of the season.

Mother Goes Shopping

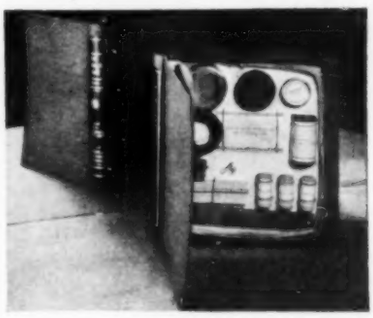
(Continued from opposite page)



A MANUFACTURER with vision thought up this box filled with blocks of durable solid maple. They fascinate children, enable them to build countless castles and forts; wear indefinitely; may be painted by the child in many colors and claim attention along constructive lines where flimsy toys grow tiresome. Hinged-top box in rubbed colonial maple: 13x21½x5" ht.; $7.50, express collect. *Order from Somerset Shops, Fairfield, Maine. Attention Mr. Thomas.*



OLD fashioned sorghum molasses made away down in the mountains of North Carolina, has that tasty twang that you'll like; just as it comes from the kettles with no sugar removed. In hand-turned glazed brown pottery jugs—most usable when empty for nursery lamp bases, vinegar, etc.; ½ pint, 90c.; pint, $1.35; quart, $1.65, p'paid East of Mississippi. *Order from the Treasure Chest, Asheville, N. C. Attention Mr. Wm. Lashley.*



EVERY youngster with a creative mind will love this telephone game outfit. Book of instructions gives history of telephone and five short lessons in electrical experiments, as well as easy method of assembling parts of this miniature instrument *that really works.* Complete $5.25 postpaid USA. *Order from Mayfair Playthings Stores, 9 East 57th Street, New York. Attention Mr. Plass.*

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Thousands of thoughtful, considerate persons have welcomed SAFE-BATH MAT. It provides sure footing — positive protection against falls. Simply place it in the tub — the rubber suction cups do the rest. A sensible precaution — *particularly where there are children.* A genuine comfort for the entire family. Thousands of satisfied users throughout the country.

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To help you interest children in their hair and its care, we have prepared a new amusing booklet, in color, with pictures: *"Wouldn't We Look Funny Without Any Hair?"* Write for a FREE copy for each of your children.

More important! Be sure your hygiene teaching can be carried out by the children. We are glad to help you. Won't you cooperate by asking your druggist to carry *Derbac?* A 20-shampoo cake costs only 25c. Made of pine tar and cocoanut oil. Pure, safe, delightful.

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AN endless source of interest, these winter evenings, when the planning of your summer garden affords so much enjoyment. The 1930 edition is filled with cuts of Flowers and Vegetables and sound cultural advice.

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1306 Spring Garden St.
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Cultivating Good Looks

(*Continued from page 22*)

caring for the hair are cleanliness and becoming arrangement. Many specialists now declare, contrary to former methods, that hair should be washed regularly every week or ten days. If it is either too oily or dry, it can be improved by the application of alcohol or oil, as needed, to offset its lack. It should be well brushed every night with a stiff clean brush. The style of haircut and arrangement of the hair are sufficiently important to warrant serious consideration, experiment, and consultation with experts, in order to find a style that is becoming and up-to-date.

It is not an overstatement to say that care of the teeth should begin before the birth of the child, for the first set of teeth is already formed in the gums at birth, and upon the quality and quantity of the mother's nutrition depends her baby's dental start in life.

A GOOD start must be followed by eternal watchfulness. Teach the child to brush his teeth *invariably* after eating, brushing with a rotary motion of a stiff-bristle brush, as this method aids in preventing the gums from receding. Give the child plenty of rough food to make him exercise his teeth.

The second set of teeth forms under the milk teeth between the ages of two and four. This precious set may be safeguarded in a number of ways. First, by scrupulous cleanliness. In addition to the regular home care, a dentist should go over them thoroughly every two or three months to clean and polish the enamel which protects them. Second, by filling cavities immediately when they appear, even in the first teeth, the health of which has a close connection with the health of the second set. Third, by taking the child to the dentist directly upon the appearance of a permanent tooth, though this may occur when he is no more than three years old. The dentist, exploring the newly erupted tooth, may locate an infinitesimal flaw in the enamel, which, if immediately repaired, insulates from further decay. Fourth, by providing the mineral diet necessary for healthy tooth formation. Fifth, by taking the child *before the age of six* to an orthodontist. If regulation is necessary, it can best be done now. Undeveloped dental arches, which lead to crowded and mal-formed teeth, can be expanded without the nerve-racking and expensive "straightening" that must be gone through if treatment is too long postponed. Pacifiers, thumb-sucking, adenoids, all have a share in producing mal-formed dental arches.

The basis of correct posture is the application of the weight of the body on the soles of the feet. From the point where the child has mastered that, he works gradually toward a body-position, erect but not strained, head up, stomach in, shoulders easy, toes pointing straight ahead. A correct posture, like all other points of good looks, grows from small beginnings, carefully watched.

CHILDREN
when
HOUSEBOUND

can have the time of their lives, entertain themselves gloriously, and give mother a chance to rest if they have

The Busy-Kiddie
TRADE MARK

As one mother put it, "Cheap at three times its price."

Beautifully illustrated folder free.

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BREAK the THUMB-SUCKING HABIT

End this habit and prevent protruding teeth, facial deformities and other harmful effects.

Dr. Thompson's Sanitary Rings permit perfectly normal use of thumb or finger. Free brochure explaining evils of habit. Enclose $4.50 for two Sanitary Rings, plus 15c postage. State age of child.

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LITTLE BOYS TOILET SHIELD

A hygienic necessity in every home where there is a boy from 6 months to 2 years of age. Prevents wetting on clothing, floor, and seat when on the toilet. It is made of white enameled metal, and fits any infant's open front toilet seat. Endorsed by leading pediatricians. If your dealer cannot supply you it will be sent direct on receipt of check or money order for $1.

BRYANT COMPANY, CLARENDON HILLS, ILLINOIS

GROUP SERVICE BUREAU

For Parent-Teacher Associations, Mothers' Clubs, Child Study Groups, Churches, etc.

Program for Discussion at Your Next Meeting

PREPARED BY THE CHILD STUDY ASSOCIATION OF AMERICA

THE following outline for study is based on the article "Why Children Fail at School," by Gladys C. Schwesinger, Ph.D., in this issue.

How to Use This Program

Appoint a leader who will first read aloud the article on page 18. The leader should then present for discussion the various questions given below. She will next request various members of the group to take up, one by one, the Problems for Discussion. At the close of the meeting it will be found helpful for the leader to read the summary of the main points made in the article. In advance of the meeting, the various book and pamphlet references should be assigned to members of the group who will report on them at the meeting.

Questions Based on the Article

(1) Is all high-school failure avoidable if the pupil is made to study?

(2) In what instances that you can describe is the failure of a pupil largely his own fault?

(3) How can one know whether a child should be expected to keep up to grade?

(4) Why do some very bright children drop behind?

(5) Is outside coaching or extra tuition ever justifiable? When?

(6) What can make a child lose interest in his or her school progress?

(7) What ought to be done about it?

Points to Remember

(1) Orderly school progress depends in the large majority of schools upon the home preparation of certain lessons.

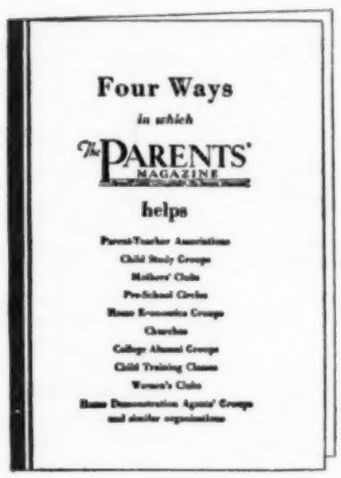
(2) The parents' responsibility in regard to home work includes: (a) Providing adequate space, equipment, light, quiet for the school child. (b) Budgeting time to make unhurried study possible, without encroaching on either recreation or sleeping time. (c) Seeing that the child has necessary reference books and other supplies.

(3) It is necessary for every pupil to be in school during the entire session; a curtailed school year or many absences cause hardship for pupil and teacher alike.

(4) Not all children can or should go to college or even to high school.

(5) Failure on the part of a pupil may arise from many different causes; some are remediable if understood and corrected in time.

(6) Failure or impending failure should be treated as a symptom, not as an end result which calls for punishment or indifference.



Send for This!

Send for this "Four Ways" folder which describes in detail (1) How this magazine provides interesting programs for group meetings, (2) The free service bulletins offered to groups, (3) An easy, dignified way for your group to raise money, and (4) The special group subscription rates. It will be sent, of course, without charge or obligation. Address: Group Service Bureau, THE PARENTS' MAGAZINE, 255 Fourth Ave., New York, N. Y.

Problems for Discussion

(1) Billy, at 12, claims that the noise of talking and the radio do not disturb him, and, in fact, he seems to be getting along very well in his studies. Should he be permitted to study in the living-room?

(2) The Browns moved from a small town to a large city. In the new school Jim was having difficulty, though he had always done well before. Name several ways to help Jim.

(3) "When you are grown up, and are a lawyer," was all that Bobby had ever heard. There had always been a lawyer in the Smith family, and it was expected that Bobby would carry on the tradition. What dangers are there in this procedure?

(4) How can Mrs. C. keep Alice from being overworked and worn out when the other girls and boys all lead such hectic lives? Alice is rather quiet and should be encouraged to be social.

(5) Mr. C. had to go abroad on business early in May (*Turn to next page*)

Why does
EVERY BABY
need a
"TOIDEY"
?

"TOIDEY" AND STEPS

Never to have to unlearn but to build step by step upon what he has learned, spells progress for baby.

IN weighing the matter of what is best for baby for his training to toilet habits and regularity of elimination, the following are pertinent questions:

Why should a baby use as his toilet a small seat in connection with the adult sanitary one?

***Why* should the fasteners of baby's seat lock automatically to any ordinary adult toilet?**

***Why* should baby's seat have arms and back which fold and which automatically lock into position?**

***Why* should baby's toilet be free from anything on which to play?**

***Why* should baby's "Toidey" have a Foot Rest? Why Toidey Steps when he walks?**

Booklet Tells Why!

IF you are unable to answer these questions to your own satisfaction, write us for booklet.

Tells all about "Little Toidey" the safe, sanitary, comfortable folding baby seat!

Tells how "Little Toidey" helps train baby to regularity and toilet habits!

Ask for this . . Free!

You will find "Toideys" at all leading stores, distinguished by trademark.

Juvenile Wood Products, Inc.
Gertrude A. Muller, Pres.
Box K **Fort Wayne, Indiana**

This Trade Mark

Your Guarantee

All advertisements are certified as conforming to standards on page 59.

Helpful Booklets for the Asking

Many of our advertisers offer helpful booklets and free samples. All of them will gladly send you additional information. Go through the magazine page by page and write down in the space below the names of those advertisers in whose products you are interested. We will forward your name to these advertisers and they will send you whatever booklets or free samples are mentioned in their advertisements. ***If there is a charge for the material offered, please address the advertiser direct.***

Certified Advertisements

All advertisements are certified as conforming to standards on page 59.

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255 Fourth Avenue, New York, N. Y.

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Be sure to write your name and address. We receive many coupons without this information.

Name.....

Street.....

City..... State.....

When you send in this coupon, will you also send the ballot on page 59 of this issue?

Program for Discussion

(*Continued from page 65*)

and was greatly disappointed that the school strongly disapproved of releasing Jane and Emily so that the family might all go together. He felt the system was too rigid and the principal unreasonable.

(6) Give arguments in favor of the all-day school in which children stay all the afternoon, do all their studying and have their recreation.

(7) At frequent intervals Mrs. B. visited the schools her children attended. Her friend said, "I never go until they send for me." Who was the wiser?

References

SCHOOL AND HOME, by Angelo Patri. *Appleton.* $1.50.

THE CHANGING COLLEGE, by Ernest Hatch Wilkins. *University of Chicago Press.* $1.50.

FITTING THE SCHOOL TO THE CHILD, by Elizabeth A. Irwin and Louis A. Marks. *Macmillan.* $2.00.

THE ADOLESCENT IN MODERN SOCIETY, by Benj. C. Gruenberg. *Child Study Association of America, New York City.* Five cents.

That Bugaboo Called Colic

(*Continued from page 21*)

satisfy himself of their nature, while he causes them to disappear—by the simple expedient of giving the baby as much more of the same food that he has been having as he will take.

Revolutionary? Dangerous? Ridiculous? Do not say so until you have tried it on the next attack of "colic" that threatens to wreck your peace and the happiness of the baby. It is not nearly so dangerous as many of the remedies that you have already tried for this same condition.

Many and many a time have I listened at the sleepy end of the telephone to a mother telling me of the suffering of her baby from "colic." My stock answer always is, "Give him another bottle—the one you are expecting to use for his next feeding," or "Put him back on the breast for as much as he will take." Then, without waiting to interpret her horrified silence, or to more than imagine her scandalized looks, I add: "Call me in twenty minutes—or sooner if anything happens—if the baby should explode or anything. My car is right at the curb and I can get there in no time if necessary!" I have long since ceased to stay awake for the later call that never comes.

How about that terrible danger, overfeeding? Try to do it? The baby has a perfectly responsive mechanism by which he can get rid of any overplus, even if you should be successful in getting him to take it—which you practically never can do. Too *frequent* feeding—yes that is far too common; and it is practically always bad. But too much at one time—that never happens if feedings are three or four hours apart. The old belief in the possiblity of overfeeding a baby is dwindling away to nothing. It is *underfeeding* not overfeeding, that we have to fear.

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The main portion of the book consists of a series of periodic divisions for recording the child's behavior at three, six, nine, twelve and eighteen months, and every year thereafter. Each section is preceded by a statement calling attention to significant facts to be observed during the period. The miscellany section provides the opportunity for keeping photographs, school report cards, prizes, letters and drawings, bright sayings, etc.

To parents interested in the development of their children this book furnishes a worthwhile opportunity for guided observation and for comparison with other children. While the material accumulated will be of great value while the child is young, it will gain in interest as the years pass. Every child will be fascinated, when he grows up, by such a record of his own childhood. And later when he has children he will be able to compare his own development with that of his children, your grandchildren.

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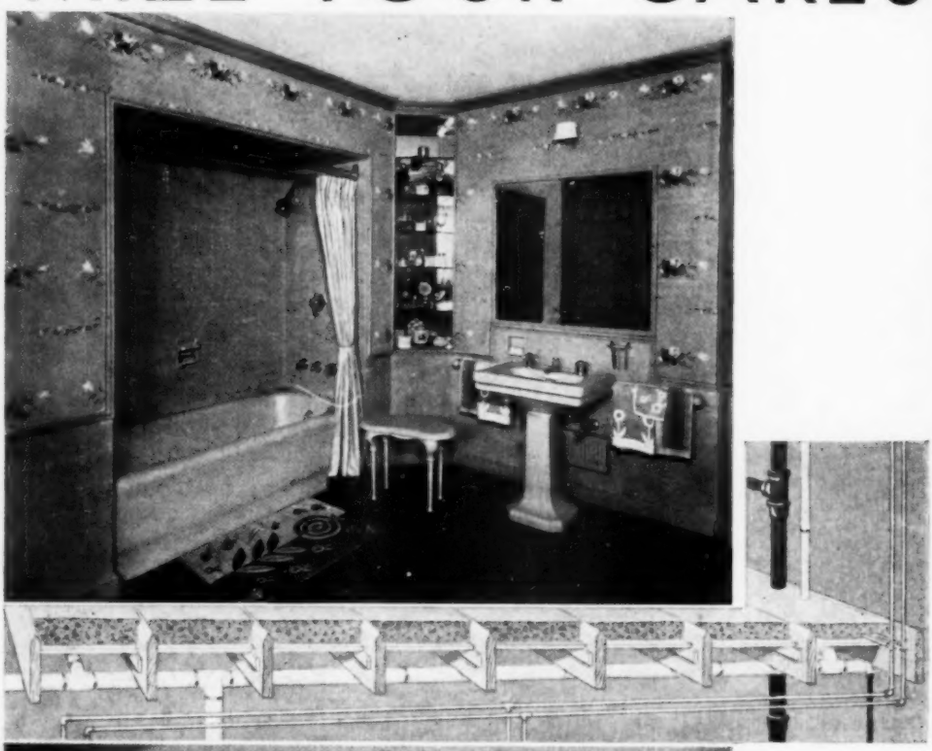

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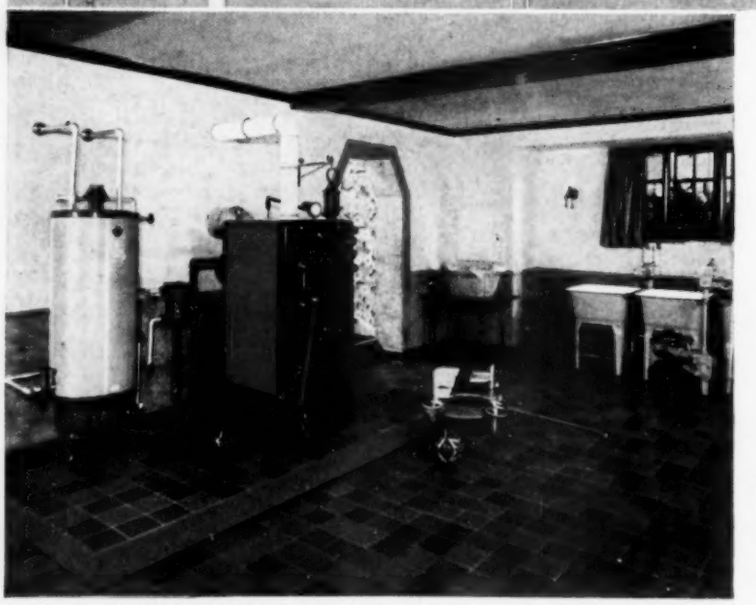

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